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**KALRO/NAVCDP/Potato Brochure**

**No. 198/2024**



## POTATO STARCH



**Starch**

## Introduction

Potato starch is a highly versatile ingredient in the food industry, prized for its neutral taste and odour. This natural thickening agent, stabilizer, and gelling component is gluten-free, making it a popular choice for a wide range of culinary applications. In baking its used as a binder that enhance the shelf life of baked goods and is a gluten free replacement for wheat flour. In frying, it is used as a coating for fried food to give it a crispy, golden texture,



## Ingredients

- 6 kg of medium sized potatoes (converted to 1kg of starch)
- Clean water

## Equipment required

- 4 pieces of 5-litre Stainless steel containers
- Potato peeler
- Sieve
- Grater
- Tray (for drying the starch)



*Potato Starch*

## Procedure

1. Wash the selected potatoes thoroughly and peel using a peeler
2. Grate the potatoes and place them in a container
3. Add 2 liters of water and let the grated potatoes stand in the water for 10-15 minutes
4. First, thoroughly wash your hands and rinse them with clean water. Next, use your hands to squeeze out the excess starch from the grated potatoes using a sieve.
5. Transfer the material left in the sieve into a separate container, then add 2 liters of water. Allow the mixture to stand for 10-15 minutes.
6. To extract the maximum amount of starch from the grated potato material, use a sieve to squeeze it again. Collect the starch in a separate container. Repeat the process one more time to ensure all the starch has been extracted.
7. Combine all the water that has been strained three times into a single container and let it settle

for 60 minutes. After this time, you will notice white sludge accumulating at the bottom of the container.

8. Carefully drain the water, ensuring that the sludge (white solid) is not poured out. What is left behind is wet starch.
9. Spread the damp starch evenly onto a tray and allow it to dry until it reaches a powdery consistency. This can be achieved using a solar drier, oven, or by placing the tray in direct sunlight.
10. Package the dried powder into the specified quantities.



*Homemade Potato flour*

Potato starch is a common ingredient in a wide variety of food products, including baked goods like muffins and breads, candies, canned soups, dips, dressings, shredded cheese, spice mixes, and various prepackaged food items.