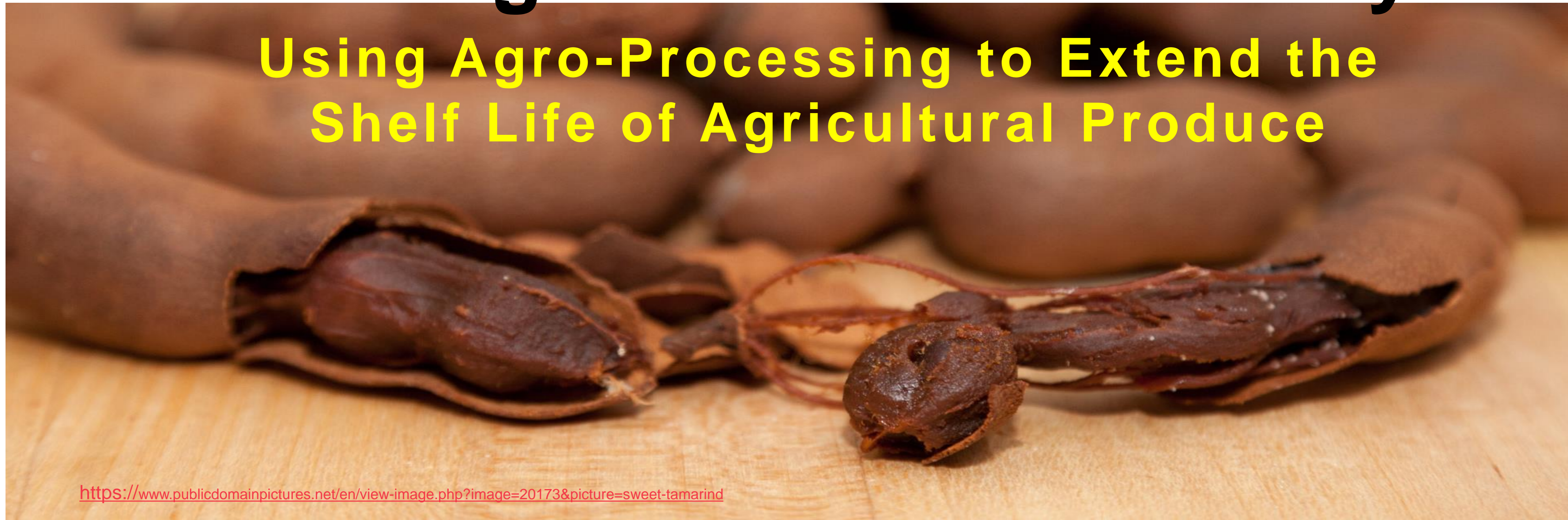


Primary Agricultural Science¹

Std. 4

Making Tamarind Chutney

Using Agro-Processing to Extend the Shelf Life of Agricultural Produce



Objectives

Primary Agricultural Science
Syllabus for Standard 4 - 3.1.1

At the end of this lesson students will be able to:

- Understand the use of agro-processing methods to extend the shelf life of agricultural produce



What is Agro-processing?

- Agro-processing is the science of preserving agricultural produce (e.g. food)
- If fresh agricultural produce e.g. meat, milk, vegetables and fruits is not preserved it can spoil within a few days
- Different agro-processing methods can be used to make a variety of products from a single food item



Tamarind anchar



<https://www.publicdomainpictures.net/pictures/180000/velka/a-glass-of-carrot-juice.jpg>

Tamarind juice



Tamarind balls

About Tamarind

- Tamarind is a tropical tree that grows around the world
- The tree produces bean-like pods filled with seeds surrounded by a fibrous pulp
- The pulp of the young fruit is green, sour, juicy and crunchy
- As it ripens, the fruit pulp becomes brown, paste-like and sweet-sour
- In Trinidad and Tobago, the fruits are usually eaten when they are ripe
- Tamarind pulp can be used to make
 - **Chutney**
 - Anchar
 - Tamarind ball
 - Tamarind juice
 - As a flavoring e.g. added to curry fish



Mikela Nandaram



SAFETY FIRST

- Ask your parent or another responsible adult at home to help you when making the tamarind chutney
- Use the stove **ONLY** with adult supervision
- Use all tools and equipment carefully
- Wash all tools and equipment before and after use
- Maintain a clean and orderly workplace
- Clean up when you are finished
- Pack away all materials, tools and equipment when done

Tamarind Chutney

- Ingredients
 - 3 medium ripe tamarind pods
 - 3 cloves garlic
 - 3 leaves chadon benny (bandania)
 - $\frac{1}{2}$ teaspoon salt
 - $\frac{1}{2}$ cup sugar
 - Hot pepper (optional)
 - $\frac{1}{2}$ cup water



Tamarind Chutney

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- Tools and Equipment
 - Small pot
 - Pot holder
 - Pot spoon
 - Eating spoon
 - Food processor / mortar and pestle
 - Measuring cup
 - Bowl
 - Stove



Tamarind Chutney

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- Method
 - Chop garlic, chadon benny (bandania) and pepper in mini-chopper OR crush in mortar and pestle



Tamarind Chutney

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- Method (continued)
 - Clean the tamarind, remove the shell and the fibrous strands
 - Separate the tamarind into individual seeds
 - Place tamarind, salt, sugar, water and chopped seasonings into the pot
 - Mix all ingredients together
 - Place on stove and allow to boil for 5 minutes
 - Turn off stove
 - Taste and add additional sugar if needed



Enjoy your Tamarind Chutney

- It can be eaten by itself
- Or with pholourie or saheena



Assessment

1. What is agro processing? _____
2. List THREE products that can be made using tamarind.
3. List the ingredients needed to make tamarind chutney.
4. Outline the steps required to make tamarind chutney.
5. You realize that you can sell tamarind chutney to friends and family. Make a poster advertising your tamarind chutney.

Answers to Assessment

1. What is agro processing?
 - Agro-processing is the science of preserving food
2. List THREE products that can be made using tamarind.
 - Tamarind balls, tamarind juice, tamarind chutney
3. List the ingredients needed to make tamarind chutney.
 - Tamarind, salt, sugar, garlic, shadow benny (bandania), water, pepper
4. Outline the steps required to make tamarind chutney.
 - Chop garlic, shadow benny (bandania) and pepper in mini-chopper OR crush in mortar and pestle
 - Place tamarind, salt, sugar, water and chopped seasonings into the pot
 - Mix all ingredients together
 - Place on stove and allow to boil for 5 minutes
 - Turn off stove
 - Taste and add additional sugar if needed

Acknowledgement

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