Uchachushaji wa Mnavu

FruVaSc

Utangulizi

- Mnavu ni miongoni mwa aina nyingi za mboga za asili za Kiafrika zenye virutubishi vingi kama vitamini, madini na protini
- Mnavu hutumika kama tiba asili katika jamii nyingi za Tanzania
- Mnavu ukikomaa ni rahisi kuharibika, hivyo utunzaji sahihi baada ya mavuno unapaswa kuzingatiwa
- Uchachushaji wa mnavu huboresha usalama na virutubishi
- Uchachushaji huhifadhi vitamini na madini, kuboresha ladha, muonekano na kuongeza muda wa bidhaa

Hatua za Uchachushaji wa Mnavu (Achari ya Mnavu)

Uvunaji
- Chuma juma la 4-6 baada ya kuotesha miche
- Chuma asubuhi au jioni
- Ondoa majani yaliyoharibika

Uchambuaji, uoshaji & upimaji
- Ondoa wadudu, udongo & majani yaliyooza
- Osha mnavu kwa maji safi yanayotiririka
- Pima mnavu

Uandaaji wa mchanganyiko wa chumvi & sukari
- Weka vijiko 8 vya chumvi & 8 vya sukari kwenye lita moja ya maji

Uchachushaji
- Chachusha kwenye jotoridi kati ya 25-30°C au kwenye joto la kawaida kwa siku 25-30

Uandaaji wa achari & ufungashaji
- Pika kwa dk. 10-15
- Weka viungo (kitunguu maji, mafuta, pilipili, iliki & mdalasini)

Ufungashaji
- Pooza hadi joto la kawaida
- Fungasha kwenye vichupa vya plastiki au kioo

Uvunaji wa mnavu
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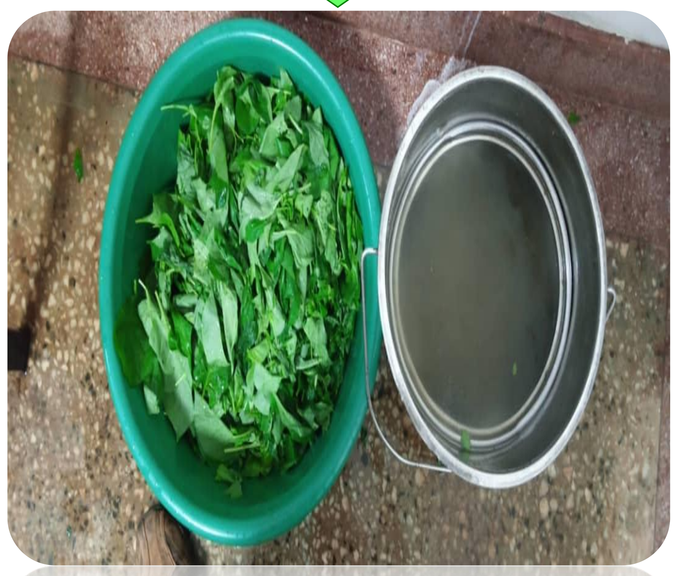
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Uchachushaji wa mnavu ukiendelea

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Mnavu uliochachushwa tayari

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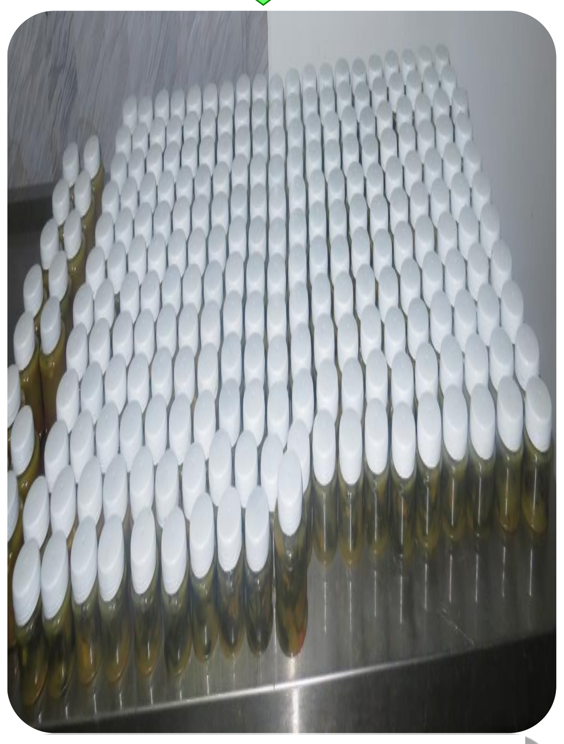
Achari ya Mnavu katika vifungashio ©Frank Sangija

Kwa mawasiliano zaidi

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