

# TAMARIND & AWALA BASED FOOD PRODUCTS FOR VILLAGE INDUSTRIES



HERBAL & FOOD SECTION

**Mahatma Gandhi Institute of Rural Industrialization**  
**A Collaborative Project of KVIC & IITD**  
**Maganwadi, Wardha-442 001**

## **Background**

The storage of tamarind is a major problem in tamarind growing areas like the states of Jharkhand and Chatisgarh. Large quantity of tamarind is available in these two states. Tamarind turns brown or dark brown in colour due to Mallard reaction during storage at room temperature. This affects the quality and hence marketing of tamarind. This forces the collectors to sell their products at a very low price to the middle men, the traders as it is a perishable item and can not be stored properly for a longer period.

Also the collectors and the entrepreneurs are facing problems in deseeding, as well as in further processing of tamarind.

Similarly Awala is available in large quantity in several rural and forest areas in the country and people sell it in raw form at very low price due to lack of knowledge and training for better product preparation techniques.

MGIRI, Wardha has developed several tamarind and Awala products that can be produced at cottage scale like tamarind ketchup, digestive powder, awala jam as per PFA specifications.

These products could be easily marketed thus enhancing the income of rural people in such areas. It is extremely important to promote food processing industry at local level for the upliftment of rural population.

The booklet gives a brief description of the methods of preparation and formulation of such Products

## TAMARIND DIGESTIVE POWDER

**1. Equipment:** Depulper, Mixer, Steel Vessels, spoon, oven, etc.

**2. Capacity:** 5 kg per batch

**3. Raw Materials:**

Sr. No.	INGREDIENTS	Qty.
1.	Tamarind	1Kg (without rind)
2.	Corn flour	1 Kg

**4. Method: Preparation of Tamarind Powder**

Take 1 kg of tamarind in a steel vessel and add 4 liters of water to it, boil (100°C) for 5 to 10 minutes by keeping it on a gas stove. Maintain proper mixing and stirring. Keep the vessel for sometime and let it cool. Filter the solution through a sieve to remove seeds and fibrous materials. Again boil the tamarind solution, maintain continuous stirring of the materials to evaporate the excess water. Thus a paste would be ready, take off the vessel from the flame and keep it for cooling. Add 1 kg corn flour. Dry in sun/oven until material completely solidifies. Grind of in a mixer grinder to make tamarind powder. Sieve the tamarind powder so obtained. Add the necessary salt, sugar and spices to obtain the final product as below.

**Ingredients for Tamarind Digestive Powder**

Sr. No	INGREDIENTS	Qty.
1.	Tamarind Powder	760gm
2.	Salt	200gm
3.	Black salt	150gm
4.	Citric acid	150gm
5.	Cumin	400gm
6.	Black pepper	100gm
7.	Cardamom (small)	100gm
8.	Cardamom (big)	100gm
9.	Sugar	3000gm
10.	Nausadar	40gm
<b>Total</b>		<b>5 Kg</b>

All the additives should be dried in an oven for 30 min (temp.450c-50<sup>0</sup> c) grind them in a grinder and mix them well with the previously prepared tamarind powder.

## TAMARIND KETCHUP

### 1. Equipments:

Depulper, Mixer, Steel vessels, spoon, oven, Gas cylinder, etc.

2. **Capacity:** 5kg per batch.

### 3. Raw Materials:

Sr. No.	Ingredients	Quantity
1.	Tamarind pulp	4 kg
2.	Onion	90 gm
3.	Garlic	72 gm
4.	Clove	8 gm
5.	Black pepper	8 gm
5.	Cumin	30 gm
6.	Sugar	1700 gm
7.	Salt	560gm
8.	Chili	50 gm
9.	Soth	20 gm
10.	Sodium benzoate (Preservative)	10gm

### 4. Method:

Take 4 kg of tamarind pulp and boil for 30 minutes. All the other above mentioned raw materials from 2 to 9 should be grinded in a mixer grinder. Add them to the tamarind pulp and then boil for another 2:30 hour. Keep it for cooling. Add 10 gm Sodium benzoate, into the final tamarind ketchup as preservative.

## **AWALA JAM**

### **1. Equipment:**

Depulper, Mixer, Steel Vessels, spoon, oven, Gas Cylinder etc.

**2. Capacity:** 2kg per batch

### **3. Raw Materials:**

<b>Sr. No.</b>	<b>INGREDIENTS</b>	<b>QUANTITY</b>
1.	Awala	1 kg
2.	Sugar	1.5 kg
3.	Choti elachi	2 gm

### **4. Method:**

Take 1 kg of awala in a steel vessel, add 250 ml of water to it and boil (100<sup>0</sup>C) for 5 to 10 min. by keeping it on a gas stove. Allow to cool down the material. Remove the seeds. After that, grind the material properly so that it becomes a paste, weighing about 1 kg. Add 1.5 kg sugar to it. Then boil for half an hour. Keep it for cooling and add 2 gm of small Cardamom. After preparation check the jam by taking it in a flat plate/dish. If the jam does not release water it means jam is ready otherwise it needs further heating for removing more water.

**For further information please contact**

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