HOW TO MAKE QUALITY FINGER MILLET FLOUR FOR PORRIDGE

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**Introduction**

Finger millet contains between 7.4% to 14% protein. This has a good amount of amino acids especially methionine which is lacking in starchy staples such as cassava, plantain, polished rice or maize meal.

Methionine helps in the proper functioning of vital body organs (heart, brain and liver) and strengthens the body. Finger millet also has 0.33% calcium, 5-30 times more than in most cereals and high in minerals like iron.

It has excellent storability which is ideal for food security. It is an excellent diet for weaning children, diabetic patients and invalids due to its ease of digestion. Finger millet flour can be blended with soya bean flour, orange flesh sweet potato mash (OFSP) and wheat for making value added special purpose Porridge/Uji for the whole family.

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### How to prepare Finger millet flour

Clean the finger millet by removing all the foreign materials like stones and grass.

Pound grain with pestle and mortar to remove husks then wash 4 times in clean safe water while draining.

Sundry on a raised platform to avoid disturbance from poultry or use polyethylene/gunny bags spread on clean ground and keep it watched.

### How to prepare Soya bean flour

Clean the soya beans adequately to remove all the foreign materials, the rotten and shriveled beans.

Boil for 30 minutes so that anti nutrients (trypsin inhibitors) binding the proteins in the beans is eliminated.

Dry on a raised surface or attended covered ground.

When dry take to the hammer mill and mill into flour. Store in a dry closed container and use as need aris

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### FINGER MILLET PORRIDGE

**Ingredients**

- Finger millet flour 300g
- Cassava flour 200g
- Soya flour 100g
- Sugar 100g
- Water 3 litres
- Citric acid ½ teaspoon

**Preparation Method**

- Boil two litres of water.
- Mix all the flours and make paste with the remaining one litre of water.
- Pour the paste into the boiling water and keep stirring to prevent lumps.
- Let the pan content continue to cook and form a gel and let to boil for 20 minutes.
- Remove from fire, add citric acid, sugar and mix well, cool and serve.