Taro Chips Making

Taro is planted widely over the world. It is like potatoes that can be used to produce starch and eaten as vegetable. Nowadays people begin to produce taro chips from fresh taro with a similar production line to potato chips production line. It is popular in people for its wonderful smell, amazing delicious taste, crispy, sweet and high nutritious value.

1. Introduction of Taro

Taro, a common name for the corms and tubers of several plants in the Araceae family, is native to Southern India and Southeast Asia. It is a perennial tropical plant often cultivated as root vegetable for its starchy corm and as a leaf vegetable.

Taro's nutritional value is very high and the starch content of the tuber is about 70%. Taro is rich in protein, calcium, phosphorus, iron, potassium, magnesium, sodium, carotene, nictinic acid, vitamin C, vitamin B1, vitamin B2, saponin and other ingredients. It is the tonic for old and young.

2. The Use of Taro in Different Countries

Azores

In the Azores, taro is one of the 20 important vegetable and commonly steamed with potatoes, vegetables and meat or fish. Taro is also considered as a dessert after being fried in oil, after steaming and peeling, and sprinkled with sugar. In recent years, it is used in snacks industry to produce taro chips.

Bangladesh

Taro, a popular vegetable in Bangladesh and known as mukhi or mukhi kocho, is usually cooked with small prowns or the fish into a curry or dries fish. Its green leaves and stem are also cooked for dish.

Its stem is usually ground to a paste, but it must be boiled well beforehand. Bangladeshis like cooking taro stolons or stems with shrimps, dries fish or the head of the ilish fish.

Brazil

In Brazil, taros are used like potatoes. After washing, peeling, it is boiled, or stewed or mashed. It is generally eaten with salt and sometimes garlic as condiment, as part of a meal. It is most often prepared for lunch or dinner.

China

In Chinese cuisine, taro is prepared as a main course, such as steamed taro with or without sugar as a substitute for other cereals and in different provinces, it is cooked in variety of styles, steamed, boiled or stir fried as a main dish and as a flavor enhancing ingredient. In Northern China, it is eaten like potatoes, braised with pork or beef, boiled or steamed then peeled and eaten. In southern China, it is used to make taro dumpling, taro cake, and also shredded into long strips which are woven together to form a seafood birdsnest. In desserts it is used in tong sui, ubble tea, as a flavoring in ice cream. McDonald's sells taro-flavored pies in China.

East Africa

In Kenya, Uganda and Tanzania, taro is usually boiled and eaten with tea or other beverages, or as the main starch of a meal.

Egypt

In Egypt, taro is usually prepared by peeling the tubers then boiling them and preparing them in a broth with lemon juice, garlic and coriander. After cooked, taro is mashed and served as a dip with Egyptian flat bread. Taro is cooked during the Coptic Christian celebrations of Epiphany, and the way it is prepared is supposed to resemble the baptism of Jesus.

2. How to Make Taro Chips?

In recent years, taro are used to make taro chips in snack industry. Compared to potato chips, taro chips are harder and have a more nutty flavor. Making taro chips is similar to making potato chips. Whether you plan to make taro chips for home use or for sale, you should treat cooking as you are in business and cook as the following steps.

Material selection: select the fresh taros with shallow and less eyes, without mildew rot or germination and pests.

Washing and Peeling: Use the potato washing machine or by hand. By hand, wash raw corms well in clean, cool water to remove all soil and roots. Peel corms by hand or peeling machine. Use the potato washing and peeling machine. It is equipped with soft brush, can remove the peel completely and efficiently. Washing and peeling functions in a single machine can avoid repetitive labor and saves time.

Slicing: Use the potato chips machine to slice corms about 3/64 inches thick. Rollers and cutters of the potato chips machine can be adjusted to slice corms in different thickness. Some taro chips processors put the slices into cool water to keep them from sticking together when cooking. If this option is chosen, dehydrate as much water as possible before cooking.

De-watering the chips: Use the potato chips dehydration machine. It can remove the water on taro chips. The de-

watered taro chips can be fried easily in the frying process, which can reduce the frying time and reduce the cost and the energy consumption.

Frying the chips: Use the potato chips frying machine. Heat oil to 260~320° F , and put the taro slices into oil. Then the temperature of the oil will drop at first, then return again. Remove the chips when the temperature reach to 300° F. It takes 2min. Use oil that do not affect the flavor of the chips, such as sunflower, safflower, cottonseed, peanut. Place the slices in hot oil to fry for 2min. During frying, keep the chips moving to avoid clumping. Master the time and temperature of the frying process suitably, as the frying process is essential to the water content and oil content of the taro chips and the color and luster.

De-oiling:Use potato chips de-oiling machine**.** Place hot chips on absorbent paper or a drip rack to drain off excess oil, or spin them lightly in a de-oiling machine. The potato chips de-oiling machine adopts the centrifugal principal to remove extra oil on the surface of taro chips. Eating too mach oil has no benefit on people's health, so de-oiling is quite important in producing high quality taro chips.

Flavoring: Use potato chips seasoning machine. Remove chips that are dark or have other defects. Salt or flavor the chips while they are still warm by flavoring machine. You can add various of sauce according to your preference.

Packing: You can use the nitrogen filled potato chips packing machine to pack the final taro chips. First, weigh cooled chips and put them into pre-labeled bags; then, double-check the weight. Thirdly, seal bags with pressure in a heat sealer (nitrogen flushing can increase the shelf life). Finally, place bags in box, and seal the box.