

Participatory Processing Diagnosis of Boiled Potato in Uganda

Understanding the Drivers of Trait Preferences and the Development of Multiuser RTB Product Profiles, WP1, Step 3

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Ethics: The activities, which led to the production of this document, were assessed and approved by the CIRAD Ethics Committee (H2020 ethics self-assessment procedure). When relevant, samples were prepared according to good hygiene and manufacturing practices. When external participants were involved in an activity, they were priorly informed about the objective of the activity and explained that their participation was entirely voluntary, that they could stop the interview at any point and that their responses would be anonymous and securely stored by the research team for research purposes. Written consent (signature) was systematically sought from sensory panelists and from consumers participating in activities.

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ABSTRACT

The aim of this activity was to establish the essential quality characteristics of boiled potato through participatory processing demonstrations with processors at every step from raw material to final boiled product. The activity was conducted in Central (Rakai) and South Western Uganda (Kabale). Boiled potatoes were prepared similarly by boiling in both Kabale and Rakai. When processing, in both regions, ease of peeling (associated with ease of removing 'eyes'), firmness and tubers which were not watery (low water content) were preferred. Potatoes which were not good for processing were; difficult to peel (deep eyes), watery and soft. Average processing yield from peeling to boiled product for Kabale varieties was 79% while for Rakai it was 68%. In Kabale, the most preferred boiled potato characteristics were firmness, mealiness, good potato taste and smell whereas the least preferred were white colour, too soft, watery, not mealy, lacking good potato taste and smell. Processors in Rakai liked mealiness, firmness, softness and smoothness (in the mouth), good potato taste and smell. The poor characteristics were; not mealy, too soft, watery, hard, no potato taste and smell. Generally, in Kabale, the most preferred variety was Rwangume (NAROPOT 4, improved), followed by Kinigi (local), Kachpot 1 (improved) and Victoria (improved). In Rakai, varietal preference for boiled potato in descending order was; Kasumali (local), Deodeo (NAROPOT 4, improved), Kabale (local) and Victoria (improved).

Key Words: boiled potato, quality characteristics, participatory processing, variety preference





1 STUDY CONTEXT AND GENERAL OBJECTIVES

The participatory processing diagnostics activity involved preparation of boiled potato with the assistance of experienced female processors. The aim was to ascertain desired processing characteristics for boiled potato. The activity entailed a two-way discussion guided by a structured questionnaire where both qualitative and quantitative data were collected. The activity was conducted in the processors' conventional conditions with the aim of obtaining a better understanding of the processes that need to be done to obtain a desirable ready to eat boiled potato.

In this way, the key processing unit operations as well as the most and least preferred quality characteristics at each processing step were identified. The activity was conducted as a follow-up to Step 2 (gendered food mapping) and the data that had been obtained therein formed a basis for selection of varieties for this activity (processing diagnostics). Data collected from this activity were later integrated into the consumer questionnaire which was used for Step 4 – Consumer Testing.

2 METHODOLOGY

2.1 Study Area

The activity was conducted in Rakai (Central Uganda) and Kabale districts (South-Western Uganda) in December 2019. The two sites were selected because of their high potato production in the country; and also, because Step 2 had been conducted in the same locations.

2.2 Raw Material Choice

Four potato varieties, both local and improved from each of the two study sites were selected based on preference data obtained from Focus Group Discussions (FGDs), Key Informant Interviews (KIIs) and Individual Interviews (IIs) conducted under Step 2. The varieties were selected to obtain diversity in preference that is; most, intermediate and least preferred varieties from each location. The four varieties selected in Rakai were; Kasumali (local), Kabale (local), Victoria (improved) and Deodeo (NAROPOT 4) (improved) as shown in Fig 1. The Rakai varieties were harvested at 90 days after planting.









Figure 1 Potato varieties from Rakai; Kabale (a), Deodeo (b), Kasumali (c) and Victoria (d)

In Kabale, they were; Victoria (improved), Kachpot 1 (improved), Kinigi (local) and Rwangume (NAROPOT 4) (improved) (Fig 2). These were harvested at 105 days after planting. A total of eight processor demonstrations were conducted, four at each location.







Figure 2 Potato varieties from Kabale; Kachpot 1 (a), Victoria (b), Rwangume (NAROPOT 4) (c) and Kinigi (d)

2.3 Product Profiling

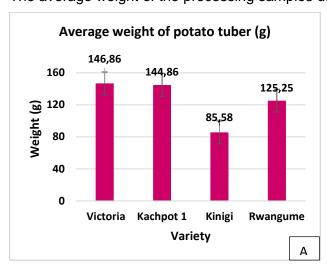
At each site, four experienced processors (domestic and/or semi-commercial) were identified with the help of partners. Rakai District Local Government staff assisted the selection in Rakai while in Kabale, Kachwekano Zonal Agricultural Research and Development Institute (KAZARDI) staff (KAZARDI is affiliated to National Agriculture Research Organization (NARO) assisted the process. Findings from Step 2 showed that food preparation was usually done by women in both locations; therefore, all the selected processors were women. Both qualitative and quantitative data were collected simultaneously. A structured questionnaire was used to collect qualitative data from individual processors. Quantitative data at each preparation step were collected systematically using a protocol developed by WP1 leaders (Fliedel et. al; 2018). The processors were interviewed individually before, during and after each processing operation to obtain views and opinions pertaining to the characteristics of the potato varieties under study. Qualitative data were coded and analysed as described by Forsythe *et al.* (2018). Quantitative data from processing diagnosis were analysed using XL STAT (2014).

3 RESULTS

3.1 Raw Material Characteristics

3.1.1 Weight

The average weight of the processing samples used in the study are shown in Figure 3.



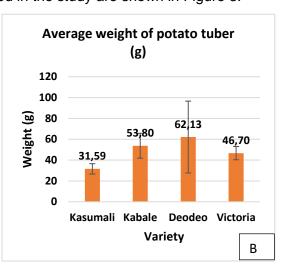


Figure 3 Average weight of potato tuber for varieties in Kabale (A) and Rakai (B)





Among the varieties from Kabale, Victoria was the heaviest followed by Kachpot 1 and Rwangume, in descending order (**Figure 3A**). Kinigi had the lightest tubers. In Rakai, Deodeo was the heaviest and Kasumali the lightest (**Figure 3B**). Deodeo is an improved variety and as such is expected to have superior agronomic and morphological traits which could explain this observation.

3.1.2 Raw material characteristics

General characteristics (good and poor quality) for raw potato by location are summarised in **Table 1**.

Table 1 General characteristics of raw potato in Kabale and Rakai

Location	Good quality	Poor quality
Kabale	medium size tuber firm peel smooth skin yellow flesh hard red skin color heavy	skin peeling off not round (shape) immature small size tuber not firm cracked soiled 'eyes' wrinkled skin
Rakai	smooth skin red skin yellow flesh colour good eyes (not oozing water) firm skin white flesh colour no wrinkles fresh smell shiny skin without cracks absence of a bad smell big size tuber	soft tuber bad smell (diseased) oozing milky substance from the eyes pale skin big and deep eyes rough skin watery white skin

Processors in Kabale preferred potatoes that were medium to big in size, hard, heavy with smooth red skin and firm peel. The least preferred potatoes were those that were not firm, immature, small, cracked, not round in shape; wrinkled skin which easily peeled off and soiled 'eyes'.

The most preferred characteristics by processors in Rakai were; smooth red skin, yellow flesh colour, good eyes (not oozing water) and firm skin whereas soft tuber, bad smell (diseased), oozing milky substance from the eyes, pale skin and big & deep eyes were the least preferred characteristics.

3.2 Product Profiling

3.2.1 Unit operations of product profile process

Boiled potato was prepared in a similar manner in both Rakai and Kabale as shown in **Figure 4 and Figure 5**.





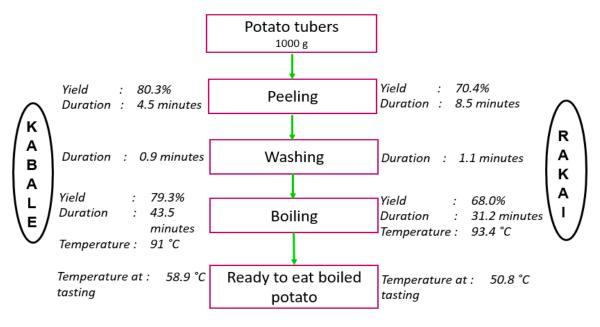


Figure 4 Flow diagram for preparation of boiled potato in Kabale and Rakai

Briefly, preparation commenced with peeling and removal of the 'eyes'. The tubers were then washed (once or twice) until they were clean after which they were immersed directly in a saucepan containing water and covered with either a banana leaf and/or another saucepan prior to boiling. The pan was put on fire and the potatoes were boiled until they were deemed to be ready. Readiness was determined in several ways; when the water for boiling reduced and was nearly used up, olfactory perception of the characteristic good smell of ready to eat potatoes or probing the potato with a fork to gauge whether it had softened.



Figure 5 Process flow for preparation of boiled potato; peeling (a), washing (b), cover immersed potatoes with banana leaf and/or saucepan (c), boiling (d)

3.2.2 Unit operations characterization

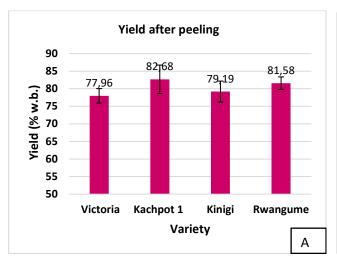
Peeling

Yield after peeling

The yield after peeling of the potatoes is shown in **Figure 6**. In Kabale, the yield varied from 77.9 % to 82.7 % wet basis (w.b.), with no significant difference between the varieties (**Figure 6A**). Victoria had the lowest peeling yield. This could be attributed to its soft peel causing loss of flesh during peeling.







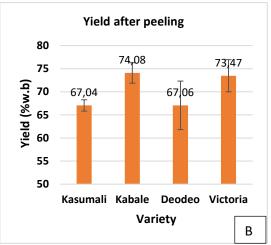
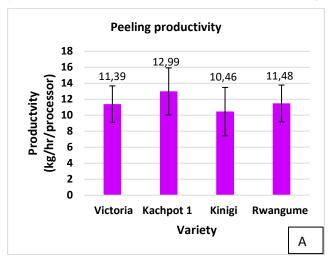


Figure 6 Yield after peeling (% w.b) for potato varieties in Kabale (A) and Rakai (B)

In Rakai, peeling yield ranged from 67.0% (Kasumali) to 74.1% (Kabale) (Figure 6B). However, the difference in yield between the varieties was not significant. The Kabale varieties had a comparatively higher peeling yield compared to the Rakai varieties. This could be attributed to the advanced stage of maturity of the Kabale varieties (3.5 months) compared to those used in Rakai which were harvested at only 3 months. Tuber size increases the longer potatoes remain underground before harvest (Mahmud et al., 2009). In addition, varieties from Kabale had been dehaulmed and therefore had firmer skin (Upadhyay & Bashyal, 2020). As such, less flesh was lost during the peeling operation.

Peeling productivity

Peeling productivity varied from 10.46 kg/hr/processor for Kinigi, to 12.99 kg/hr/processor for Kachpot 1 in Kabale (**Figure 7A**). Kinigi had smaller tubers compared to other varieties and was perceived to be hard to peel. These factors may have affected its peeling productivity.



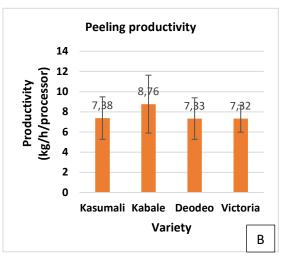


Figure 7 Peeling productivity for potato varieties in Kabale (A) and Rakai (B)

Regarding varieties from Rakai, peeling productivity was highest for Kabale (8.76 kg/hr/processor) and lowest in Victoria (7.32 kg/hr/processor) (**Figure 7B**). Nonetheless, this difference was not significant. Varieties from Rakai had lower peeling productivity compared to Kabale which could be attributed to smaller sized potato tubers which are more cumbersome to peel.

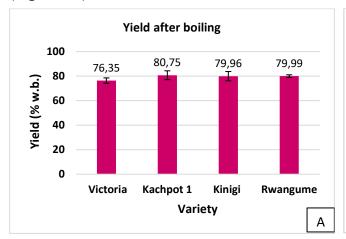




Boiling

Yield after boiling

The yield after boiling for Kabale varieties varied from 76.35% (Victoria) to 80.75% (Kachpot 1) (**Figure 8A**).



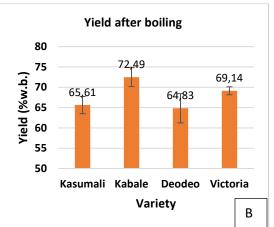


Figure 8 Yield after boiling for potato varieties in Kabale (A) and Rakai (B)

In Rakai, the yield after boiling varied from 64.8% (Deodeo) to 72.5% (Kabale) (**Figure 8B**). The difference between these two varieties was significant. Yield losses at this stage could be attributed to water loss by evaporation and dry matter losses. The differences between the varieties could be due to variation in innate physico-chemical properties such as starch. However, these need to be investigated further. Victoria had the highest yield loss after boiling when comparing varietal losses. This also requires further investigation.

Boiling time

The time taken to boil the different potato genotypes in Kabale is shown in Figure 9A. Boiling time varied from 39.6 minutes (Rwangume) to 48.4 minutes (Victoria). However, these differences between varieties were not significant.

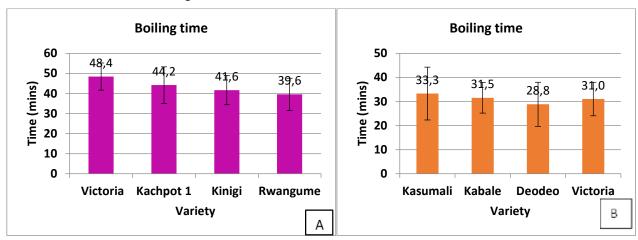


Figure 9 Boiling time for potato varieties in Kabale (A) and Rakai (B)

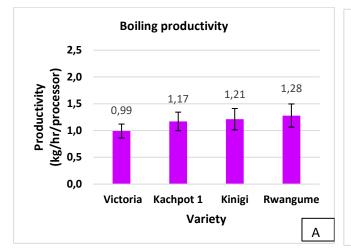
In Rakai, the boiling time was in a narrow range between varieties 28.8 minutes (Deodeo) to 33.3 minutes (Kasumali). The boiling time was also not significantly different between varieties. Overall, the varieties from Kabale had a longer boiling time than those from Rakai. This could be attributed to the bigger tuber size of the Kabale varieties.





Boiling productivity

In Kabale, boiling productivity varied from 0.99 kg/hr/processor (Victoria) to 1.28 kg/hr/processor (Rwangume) (**Figure 10A**).



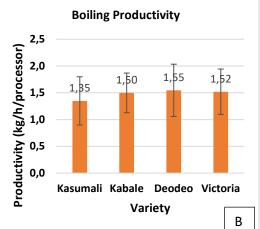


Figure 10 Boiling productivity for potato varieties in Kabale (A) and Rakai (B)

In Rakai, boiling productivity varied from 1.35 kg/hr/processor (Kasumali) to 1.55 kg/hr/processor (Deodeo) (**Figure 10B**). However, there was no significant difference between the varieties. Productivity at boiling was low compared to peeling because of the comparatively longer duration of the boiling unit operation.

3.3 End-product Processor Appreciation

3.3.1 End-product descriptors

Figures 11 and 12 show the ready to eat tubers of the different genotypes studied in Rakai and Kabale respectively, after boiling.



Figure 11 Boiled potato varieties from Rakai; Kabale (a), Deodeo/NAROPOT 4 (b), Kasumali (c) and Victoria (d)



Figure 12 Boiled potato varieties from Kabale: Kachpot 1(a), Victoria (b), Rwangume/NAROPOT 4 (c) and Kinigi (d)





Table 2 shows the most and least preferred characteristics of boiled potato as indicated by processors in Kabale and Rakai. In Kabale, the most preferred characteristics were firmness, mealiness, good potato taste and smell whereas the least preferred were white colour, too soft, watery, not mealy, lacking good potato taste and smell.

Table 2 Characteristics of boiled potato in Kabale and Rakai

Appearance/Colour		Textural		Taste		Flavour		
High quality	Poor quality	High quality	Poor quality	High quality	Poor quality	High quality	Poor quality	
KABALE	bita aala	- finns	. 100 00#		. looks			
nice colourwhite spotsintact	white colourwaterymashy	firmmealysoftnotwaterystickysmooth	too softwaterynotmealymashynotsticky	• good potato taste	lacks good potato tastebittertasteless	• good potato smell	• no potato smell	
RAKAI								
yellow colour white colour cream colour	shiny appearancewhite colour	mealyfirmsoftsmoothnotwatery	not mealytoo softwateryhard	• good potato taste	• no potato taste	• good potato smell	• no potato smell	

Processors in Rakai liked mealiness, firmness, softness and smoothness (in the mouth), good potato taste and smell. The poor characteristics they noted were; not mealy, too soft, watery, hard, no potato taste and smell.

3.3.2. Preferred and least preferred potato varieties

In Kabale, the most preferred potato variety for the end-product was Rwangume (NAROPOT 4, improved), followed by Kinigi (local), Kachpot 1 (improved) and Victoria (improved), in descending order. All processors unanimously chose Victoria as the least preferred variety. On the other hand, two processors selected Rwangume as their most preferred variety for quality boiled potato.

The variety regarded as the least preferred at raw material level was different from the variety considered to have the poorest final product quality. While all processors identified Kachpot 1 as the variety with the least preferred raw material characteristics, they all went on to discover that Victoria made the poorest quality boiled potato. In fact, one of the processors selected Kachpot 1 as the most preferred final product. The poor characteristics which led to low ranking for raw Kachpot 1 tuber included damaged tubers with cracks, outer skin was peeling off and tubers appeared to be immature.

In Rakai, varietal preference for the final product was Kasumali (local), Deodeo (NAROPOT 4, improved), Kabale (local) and Victoria (improved) in descending order. Kasumali, the most preferred variety was associated with the following end-product characteristics: mealy, attractive yellow colour, firm in the hands, good potato smell, good potato taste and soft in the mouth when chewing. Three of the four processors had also identified Kasumali as their most preferred variety with regards to raw material characteristics such as smooth skin, firm and good 'eyes' (not oozing water). Victoria was least preferred at consumption. Its boiled potato was described as; soft in the hands, not mealy and not tasty like potato. Victoria was also marked as least preferred by two of the four processors in the raw form. The undesirable raw characteristics were; big and deep 'eyes', soft in the hands and watery.





The discrepancies between raw material and boiled potato characteristics especially for the Kabale varieties demonstrate that the indicators for good raw material that processors currently use may not be reliable for selection of raw material for making boiled potato. Therefore, if breeders only focus on the raw material indicators without considering the quality of the final product, they are likely to introduce undesirable varieties for consumption as food hence poor uptake among the populations.

4 CONCLUSION

Processors from both regions preferred raw potatoes with red skin, yellow flesh, smooth skin and medium to big sized tubers. When processing, ease of peeling (associated with ease of removing 'eyes'), firmness and tubers which were not watery (low water content) were preferred. Mealiness, good potato flavour, firmness in the hands and softness in the mouth were preferred characteristics of the boiled potato. We can also conclude that first impressions of good raw material characteristics do not automatically translate into a good boiled potato and vice versa. These findings, in concert with those of the gendered food mapping and consumer tests all contribute towards building the final boiled potato profile and ultimately provide useful information to help strengthen breeding programs.





5 REFERENCES

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Upadhyay, A. & Bashyal, S. 2020. Effects of Dehaulming in Potato (Solanum tuberosum) Cultivation: A Review. International Journal of Environment, Agriculture and Biotechnology, 5(4). DOI: 10.22161/ijeab.54.20.





6 APPENDICES

6.1 Appendix 1: Summary Table of Quantitative Data

Varieties/Location	Raw material	Processing quantitative data								
	characteristics	Peeling unit operation			Boiling unit operation					
	Weight (g)	Peeling time (min)	Yield after peeling (%)	Productivity (kg/h/op)	Boiling time (min)	Yield after boiling (%)	Productivity (kg/h/op)			
KABALE										
Victoria	146.86a	4.4 ^a	77.9 ^a	11.39 ^a	48.4ª	76.4a	0.99 ^a			
Kachpot 1	144.86 ^a	4.1 ^a	82.7 ^a	12.99 ^a	44.2 ^a	80.8a	1.17 ^a			
Kinigi	85.58 ^b	5.0 ^a	79.2ª	10.46a	41.6 ^a	78.0 ^a	1.21 ^a			
Rwangume/NAROPOT 4	125.25ª	4.5 ^a	81.6ª	11.48 ^a	39.6ª	78.0 ^a	1.28 ^a			
RAKAI										
Kabale	53.8a	7.7 ^a	74.1 ^a	8.8ª	31.5 ^a	72.5 ^a	1.5 ^a			
Kasumali	31.6 ^a	8.8a	67.0 ^a	7.4 ^a	33.3a	65.6 ^b	1.3 ^a			
Deodeo/NAROPOT 4	62.1 ^a	8.8a	67.1 ^a	7.3 ^a	28.8a	64.8 ^b	1.5 ^a			
Victoria	46.7 ^a	8.6ª	73.5 ^a	7.3 ^a	31.0 ^a	69.1 ^{ab}	1.5 ^a			

 $^{^{}a,b,c,d}$ indicates membership in significantly different value groups with a P value < 0.05 (between varieties in each district)





6.2 Appendix 2: Overview of Quality Characteristics of Raw Potato, Potato Processing and Boiled Potato

KABALE											
	Raw product		On the cooked								
Name of varieties	Agronomical	Technological characteristics at each step of the process			Sensory characteristics						
variotios	characteristics	Peeling	Washing	Example	When you look at	Texture when you touch	When you smell	Taste (In mouth)	Texture when you chew, After-taste		
VICTORIA (339)	Medium sized tuber	Watery Soft Easy to peel	White colour Watery Soft Easy to wash	'feels watery in the hands, soft (probably will not give good boiled potato)'	White colour Not mealy Watery	WaterySoftNot stickyNot mealy	Slight potato smell No potato smell smell		Too softNot mealySmoothTakes long to swallow		
KINIGI (146)	Hard Medium sized tuber Firm peel	Difficult to peelSoft peelNo waterySoft flesh	Light yellowFirmSoftEasy to wash	'hard to peel (peel was not easy to remove) however looks like it will be tasty after boiling'	White spots Yellow colour	FirmMealyStickySoft	Good potato smell (kahoho'Good aroma	Good taste	Easy to swallowMealySmooth		
KACHPOT 1 (552)	off • Not round • Immature	 Easy to peel Firm skin Hard peel Difficult to peel Pale yellow colour Soft flesh 	Easy to washWateryYellow	'Outer skin is peeling off, Does not have a round shape, Looks immature, Eyes are covered in soil therefore may rot easily (was probably harvested during the rain), tuber is not firm, has cracks (misheke)'	 Light yellow Whitish lines Cream colour Split surface Watery centre Not mashed Mashed 	Not stickyStickyMealyFirmWatery centre	Good potato smell (kahoho'	Good potato taste	 Smooth Easy to swallow Soft Smooth Difficult to swallow Mealy Dry 		





	Raw product				On the cooked				
Name of varieties	A	Technological characteristics at each step of the process			Sensory characteristics				
	Agronomical characteristics	Peeling	Washing	Example	When you look at	Texture when you touch	When you smell	Taste (In mouth)	Texture when you chew, after taste
RWANGUME (227)	 Smooth skin Yellow flesh Hard Medium sized tuber Big sized tuber Red skin colour Heavy Hard skin 	 Firm Easy to peel Hard peel Soft skin Yellow flesh Not watery 	 Yellow flesh Easy to wash Soft Hard Difficult to wash 	'yellow colour, easy to wash, a bit soft when pressed with hands, maybe some tubers are not mature enough however looks like will give good boiled potato'	 Yellow colour Whitish spots Split surface (cracked) Not mashed 	SoftMealyNot wateryStickySmoothFirm	Good potato smell Good smell Good smell	Good potato taste Tasteless	Easy to swallowMealySoftSmooth
RAKAI									
Kabale (140)	• Red skin colour	White flesh Easy to peel		easy to peel, however; soft peel and looks watery (visible on surface) implies it might be too soft after cooking	white colour • Looks mealy (has some whitish,	• Mealy in the hands (dry, powdery)	•	Good potato taste	Mealy in the mouthSoft in the mouth
Kasumali (513)	intact skin	Uniform yellow flesh colour Easy to peel Soft peel Firm tuber when pressed with hands Not watery (has low water content) Smooth	• No 'eyes'	Yellow flesh, easy to peel, soft peel, firm tuber when pressed with hands	Looks mealy (white powdery patches/spots) Has attractive yellow colour	• Firm in the hands	Good potato smell	Good potato taste	 Soft in the mouth when chewing Mealy in the mouth





	Raw product		On the cooked						
Name of	Agronomical characteristics	Technological characteristics at each step of the process			Sensory characteristics				
varieties		_	Washing	Example	When you look at	Texture when you touch	When you smell	Taste (In mouth)	Texture when you chew, after taste
Deodeo (833)	colour	Yellow fleshEasy to peelNot wateryFirm		Easy to peel, not watery (tepechuka), firm when peeled implies it will be mealy when cooked	yellow colour	Mealy in the hands (crumbles)	Has good potato smell	Good potato taste	Mealy in mouth
Victoria (905)	 Has big and deep 'eyes' Little soft in the hands Watery Has many deep eyes 	Watery when peelingDifficult to peel because of deep		• White flesh,	• Nice White colour	Soft in the handsNot mealy		Not tasty like potato	Not mealy enough in the mouth







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