

A PROCESS FOR PRODUCING A READY-TO-EAT
(RTE) PARBOILED ADLAI (*Coix-lacryma-jobi L.*)

Abstract of the Disclosure

5

A process for producing ready-to-eat parboiled adlai using adlai grits in retort pouch is disclosed. The new process is developed in consideration to the Low-Acid Canned Food guidelines. The RTE parboiled adlai, a new product from an alternative staple food, produced according to the process can be stored at ambient condition (32±4°C) for at least one year with acceptable product qualities. The utility model for the process includes the following: (1) Process of producing parboiled adlai; (2) Variety of adlai grits used in the product; (3) Retort temperature and time use to produce acceptable product consistency; (4) Packaging material used to achieve long product shelf life; (5) Product produce from the process. RTE parboiled adlai developed using the process were studied using toll packer's facility in Cavite. Based on the results, product has a shelf life of at least one year at ambient condition (32±4°C). The utility model can be used to produce new product from adlai, an alternative staple food to rice and corn. The product is light in weight, easy open and can be consumed even without utensils needed. The product is safe and nutritious with 20% dietary fiber, 8% iron, <2% calcium, and 3% magnesium requirements of male adult based on Philippine dietary reference intakes of 2015.

20