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Lente is los! • Spring is sprung!

2023 #8

ACHAR from Mangoes and Cabbage

by Theresa Siebert



Usually, achar is made from green mangoes, and while this type is the more popular product, it is also true that green mangoes are only available in season. Cabbage achar is an excellent alternative to consider and requires the same processing equipment as mango achar.

EQUIPMENT:

Equipment consists of a worktable on which a hand shredder can be mounted. This shredder should be used specifically for shredding green mangoes. A loose-standing shredder can be used for shredding cabbage.

- A mixer and some type of washer, each provided with a separate bowl.
- A spring balance is required for weighing large quantities of the shredded product. For smaller quantities, a table scale can be used.
- A set of sharp knives and cutting boards are required for the initial processing of the cabbages.
- Ample sterilized buckets and containers for weighing, pouring and storage purposes, as well as plastic bags.

SUPPLIES:

- Enough packaging containers for the final product.
- Coloured oil. If coloured oil is not readily available, or easily obtainable, you may colour it yourself.
- Spice (available in pre-packaged quantities from spice retailers).
- Sufficient quantities of green mangoes or cabbage for your processing requirements.

MANGO ACHAR:

The following ingredients are required to produce 10kg of mango achar:

- 8kg shredded green mangoes (the pip must be soft).
- 1kg spices (pre-packed if preferred).
- 1L coloured oil.

Process for making the achar:

- Add a small amount of bleach to the wash water and wash the mangoes thoroughly. Washing is required to remove impurities, spray residue, fruit fly eggs etc.
- After washing, rinse the mangoes with clean water.
- Sort the mangoes and remove any coloured, insect damaged or spoilt fruit.
- The next processing step involves shredding the mangoes. Repeat the shredding process until the pieces are the desired size.
- Weigh off 8 kg of shredded mango and place it in the mixer.
- Add 1 kg of the pre-packed or pre-mixed spices. Mix the ingredients thoroughly, ensuring an even blend.
- Finally, place the mixed product in a plastic bag and seal properly. Place the plastic bag in a container and store in a cool, dry place for approximately two months for the fermentation process to take place.

Mango achar oil:

- After being allowed to ferment for two months, the achar has to be packed, which is a fairly quick process that involves placing the achar in sterile, smaller containers.
- Add the coloured oil to the achar until the product is completely covered.

The mango achar is now ready for storage and use.

CABBAGE ACHAR:

The following ingredients are needed to make 24L of cabbage achar:

- 10 kg shredded cabbage.
- 1 kg pre-packed spices.
- 1.6L oil.

Processing steps to follow:

- Remove any damaged or dirty leaves from the cabbages.
- Cut the cabbages in quarters and remove any bad portions from inside the vegetables. The stalks must also be removed.
- Wash the cabbage thoroughly to remove any contaminants.
- Cut the cleaned cabbage into smaller pieces as required.
- Using a hand shredder, shred the cabbage into maize-kernel-sized pieces.
- Weigh out 10 kg of the shredded product and mix it thoroughly with the pre-packed spices.
- Transfer the mixed product to a plastic bag, seal it properly and place the bag in an airtight container. Store in a cool, dry place for one week to allow fermentation to take place.

Cabbage achar oil:

- Once the fermentation period has passed, the achar must be packed.
- Transfer the achar into smaller, sterile storage containers and add coloured oil until the product is completely covered.

The cabbage achar is now ready for storage and use.

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