

# COMMUNICATION N°6

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# 12<sup>th</sup> Triennial Symposium

International Society for Tropical Root  
Crops-Africa Branch

## Book of Abstracts & Programme

### Tkeme

"Competitiveness of Root Crops for Accelerating Africa's  
Economic Growth"

#### Sub-Themes

- African Root Crops Trade & Market Scenario
- Policies favourable to competitiveness of Root Crops in Africa
- African Scenario on Production and Utilization of Root and Tuber Crops
- Business and Investment Scenario on competitiveness of Root Crops in Africa benchmarking Latin America, Asian & European Markets (Learning from Latin America, Asian & European industries)
- Mobilizing Investors for Sustainable Root & Tuber Crop Research and Development

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## Towards the development of sweetpotato-based couscous as human food in Benin

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### Abstract

Sweetpotato (*Ipomea batatas*) is a root crop cultivated and consumed in Benin, and thus contributes to food security particularly during lean days, although the crop is barely considered in agricultural development policies in Benin. Sweetpotato processing and consumption patterns are very limited in Benin; that may be the basis of the little interest in this crop. The present study aims to suggest a new utilization of sweetpotato through its processing into a couscous for both urban and rural consumers. Then, roots from a local white flesh variety were processed to obtain flour which was used to produce a couscous. This couscous was steam-cooked following the same procedure as the wheat-based cooked couscous CAMEL purchased in a local market. The foods obtained were submitted to the panellists' appreciation for comparison. Although significant differences were observed between wheat-based couscous and sweetpotato-based couscous regarding the colour and the flavour, the mean score obtained by the later couscous showed that the product had acceptable to good sensory quality. Since Benin is one of the West African countries targeted by the Sweetpotato for Profit and Health Initiative (SPHI) which goal is to "enhance the lives of 10 millions households in 16 Sub-Saharan Africa countries by 2020 through the effective and diversified use of sweetpotato", this study opens an interesting perspective for sweet potato utilisation, particularly the orange flesh sweetpotato which is in introduction in Benin.

**Keywords:** sweetpotato, couscous, sensory quality