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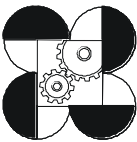
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ISSN 1656 – 6831

Livelihood Technology Series 28

# **KAMIAS PRUNES**



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***‘Our Business is Industry...’***

*2<sup>nd</sup> edition 2014*

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## **ACKNOWLEDGEMENT**

This brochure was made possible through the research efforts of the Food Processing Division (FPD), ITDI-DOST.

## **KAMIAS PROCESSING**

*Kamias* is widely used as an acidifying agent in the preparation of a favorite viand– the “Sinigang”. During its peak season, farmers and those who have one or two trees in their backyard dry these fruits and save them for future use. Through the years, innovative cooks and not-so-busy housewives have found another use for *kamias*. They converted it to “prunes”, a favorite among those who sometimes have constipation problems. Prunes are costly as those are imported. Thus, this innovation may be a welcome development.

## **KAMIAS PRUNES**

### **Raw Materials**

1	kg	<i>kamias</i>
3	cups	brown sugar
2	cups	water
2	tbsp	lime, food grade (calcium chloride)
1	gallon	water
1/8	tsp	salt
1/4	cup	soy sauce
1½ - 2	tsp	<i>kalamansi</i> juice
1/4	tsp	cinnamon powder
		MSG (optional)

### **Utensils**

colander	wire strainer
frying pan	knife
ladle	basin
casserole	measuring cups & spoons
stove	weighing scale

### **Packaging Material**

sterilized 16-oz glass jar with cap (PP/PE plastic bags can also be used)

## Procedure

1. Select green matured *kamias*.
2. Wash thoroughly under running tap water.
3. Prick with fork all over and extract the juice by pressing the fruit using bare hands. Soak overnight in lime solution (2 tbsp lime to 1 gallon water).
4. Blanch in hot water for 2-3 minutes and again, extract the water absorbed during blanching.
5. Dry under the sun for 2 hours.
6. Prepare syrup by dissolving 3 cups brown sugar in 2 cups water.
7. Place the dried *kamias* in a covered bowl and soak in syrup overnight.
8. Separate the dried *kamias* from the syrup by the use of a wire strainer.
9. Boil the syrup until the consistency is thick.
10. Add the dried *kamias* and with the aid of a ladle, turn constantly (to avoid scorching) for 5 minutes.
11. Add 1/8 tsp salt, ¼ cup soy sauce, 1½ - 2 tsp *kalamansi* juice and ¼ tsp cinnamon.
12. Cook until fruits turn black.
13. Dry under the sun (with wire screen) for 2 hours or oven-dry for 5-6 hours at 70°C.
14. Pack in the sterilized bottles or in PP/PE plastic bag.
15. Store in cool dry place.

## **Recommendation**

Do this only when the *kamias* is in season and there's an oversupply. This means value adding to a lowly crop.