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LOSS OF OIL AND PROTEIN DURING HOUSEHOLD METHODS OF EXTRACTION OF COCONUT MILK

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A household survey on the use of coconut for the extraction of coconut milk was carried out in the district of Colombo, among the three socio-economic groups.

Data on the methods of extraction, and the use of by-products were recorded, and the residues were collected for analysis of moisture, fat and protein. The percentages of oil and protein in residues were calculated on the basis of the oil and protein in the original kernel. These were found to vary with the method and number of extractions. In 72% of the samples, the coconut milk was extracted three times without any grinding or pounding. The average percentages of oil and protein left in the residue were found to be 25.4 and 29.4 respectively. In 12% of the samples, the coconut milk was extracted three times and during the process the residue was ground once. The average percentages of oil and protein left in the residue were found to be 13.2 and 22.8 respectively.

The other methods of extraction (16% of sample) included pounding, liquidising and a varying number of subsequent extractions. On the basis of this study, the loss of oil and protein in residues may be estimated approximately as 32,000 tons and 4,000 tons respectively per annum. It could be concluded that the loss of oil left in the residues could be minimised significantly by grinding the kernel.