



# Fermented Chili Paste

## Manual for small scale production of fermented Chili paste (50 to 100kg per batch)

Capsicum and chillies (*Capsicum frutescens*) are from the Solanaceae family, along with tomatoes, potatoes and eggplants and have originated from South and Central America. Chillies are rich in lipids, fibers, proteins, carbohydrates, vitamins and mineral salts (Ca, P, Fe).

Chili is the main ingredient in almost all dishes in Bhutan. Bhutanese have learned to preserve seasonal chillies for all seasons by either sun drying or smoke drying. However, in some parts of Bhutan chillies are left on field to get spoiled as they are not able to process or add value to the products.

The fermented chili paste could be a value added product to the farmers.

### Raw Materials Required (For 50kg batch size):

1. Chillies- 75 Kg (Including the waste)
2. Garlic- 7.5 Kg
3. Salt- 6 Kg
4. Sugar- 1.5 Kg
5. Glass bottles - 160 number (300 ml)
6. Caps - 170 nos

### Utensils required:

1. Big bowls - 3 nos (size- 60 litres)
2. Steel bowls- 3 nos (size- 10 liters)
3. Knives- 6 nos
4. Chopping boards- 6 nos
5. Fermentation tanks- 4 nos (size- 60 liters)
6. Weighing machine - 1 no
7. Gloves - for all those who are handling the chilli
8. Hairnet - for personal who are involved in processing

## Preparation:

01



Wash the harvested chillies properly in clean water

02



Drain the water and remove the stem of the chillies

03



Weigh the chillies, cut the chillies length-wise in half and keep aside in a clean container

04



Peel the garlic, weigh them and keep aside in a clean container

05



Weigh the salt and sugar and add 500 ml of water and make a mixture of them

06



Mix the chillies, garlic, salt and sugar solution together. It is important that the mixture is covered by the liquid solution. To avoid floating of the chillies weigh the mixture down using a sterilized heavy object (lid, stone plate, etc..)

## Preparation:

07



Allow the mixture to ferment for seven days in the fermentation tanks at room temperature. The fermentation should be done in airtight container.

08



After 7 days take the chilies out and drain the water, mix thoroughly and load for grinding (garlic might have set to the bottom and chili floating above)

09



Grind the fermented chillies and the garlic into a smooth paste

10



Sterilize the glass bottles by boiling the bottles and lids for 15 minutes

11



Fill in the fermented chili paste into the glass bottles. Close the lids tightly (airtight) and avoid touching the lid or bottles after sterilization.

12



Label the filled bottles