Making better shea butter

Shea butter is rich in nutrients and is used a lot in cooking, traditional medicine, cosmetic products etc.

Disadvantages

Traditional shea butter extraction methods often fail to meet the necessary hygiene and quality standards, potentially posing health risks to consumers. There are several drawbacks associated with these traditional methods. Firstly, when shea kernels are pounded in a mortar, a significant amount of them tend to fall on the ground, leading to substantial losses. Moreover, during this process, the kernels can absorb contaminants from the ground and smoke from the oven, resulting in an unpleasant odor in the final product.

Another issue arises during the churning phase, where interruptions and long breaks for the women involved can cause the shea paste to revert to its initial state, ultimately reducing the overall fat content of the butter. Additionally, the use of steel containers in the extraction process can lead to oxidation of the shea butter, potentially causing health problems for consumers.

Improved Shea Butter

To address these challenges and ensure the production of safe and high-quality shea butter, an improved extraction method has been developed. Shea butter is highly prized for its nutritional value and finds applications in cooking, traditional medicine, cosmetics, and baby care, where it helps nourish and protect the skin.

In this improved production process, the shea kernels undergo a meticulous cleaning and sun-drying phase to ensure optimal moisture content. Properly dried kernels yield a higher

quantity of butter. Subsequently, the kernels are ground in a mill to increase butter extraction efficiency. The resulting mixture is then carefully cooked and meticulously filtered to eliminate impurities. Finally, the cooled shea butter is thoroughly stirred to achieve a superior consistency before being stored, ready for various applications.