

Better life, Better Health with **NATA** **Nutrico**

Sona John, Sub Editor, CDB, Kochi -11

Kalpavriksha, the most useful crop in the world is giving better life to Abdulla and his better half Shameema. For the 32 year old Abdulla who hails from Kannur district Kerala, coconut has been the means of sustenance from his very childhood. Being the son of a traditional coconut farmer, Abdulla had been to coconut farming and its related activity since childhood. His father was a coconut oil mill owner and Abdulla learned the basic principles of business from his family owned business.

Mature coconut water, the waste product of the coconut oil mill was being wasted on large quantity and was creating environmental pollution. Abdulla thought of making use of this waste product and vinegar was the first product to be developed. Abdulla attended a training in coconut vinegar production at CDB Institute of Technology in 2006 and later on in 2007 attended a training in Nata de coco production.

Since the vinegar was having less demand and as there was nothing much for Abdulla to experiment or



explore, he turned to the production of Nata de coco. He learned that Thailand, Philippines and Japan were importing nata de coco in bulk quantity to India. Abdulla realized that it is one of the most sought after product in India. Thus Nata Nutrico Coconut Products was established based at Kannur, Kerala and half a dozen products with Nata de coco base is developed through Abdulla's 10 years of trial and error. Abdulla has been receiving the whole hearted support of Coconut Development Board since the very beginning. Presently around three tonne nata de coco is being produced monthly and his products are having high demand in star hotels and super markets. Abdulla is producing Nata de coco drink in various flavours, NATA nutrico life, Digestive food and NATA Nitrico Honey

For producing the Nata de coco, mature coconut water along with sugar solution is boiled. The mother culture is added and is kept at room temperature for 10 days. Abdulla is using high quality mother culture and keeps this solution in utmost hygienic condition. Maximum care is taken for avoiding contamination.



While many foreign companies are using artificial mother culture, Abdulla is using only natural mother culture for producing nata de coco which ensures that the product is very soft and slim. After ten days the thin and soft nata de coco is formed at the bottom of the solution. This is put in water for 24 hours and is thoroughly cleaned. Later on the product is sterilized in 100° Celsius. The water is drained and the product is put in sugar solution. The raw nata de coco is now ready to use. Abdulla is selling the nata de coco in bulk packing of five kg to juice companies based in New Delhi and Hyderabad.

Nata de coco drink



With the nata de coco, Abdulla is producing the Nata de coco drink in various flavours of litchi, orange, strawberry, guava etc. The drink is made with both tender coconut water and mature coconut water base. The products are having a shelf life of six months. The drink is packed in pet bottles. Instead of pasteurization, Abdulla resort to retort processing for enhancing the shelf life of the product.

Dietary food supplement with nata de coco base

Abdulla is producing a dietary food supplement with nata de coco base. Milk is added to mature coconut water. Yeast and sugar along with the mother culture is added and is kept for seven days. The produced Nata de coco is soaked for six hours in equal quantity of water with 10% sugar and 10% glucose mix. The product is packed and sold in polypropylene pouches and is sold through super markets.



Dietary fibre honey



Dietary fibre honey is another product developed by Abdulla. Tender coconut water or mature coconut water is boiled at 100°C. The mother culture is added and is kept for six days. Later on the product is soaked in water for 24 hours, washed, added sugar syrup and is dried in oven and is cut into cube size. Instead of the sugar syrup Abdulla is also using neera honey or bee honey in the preparation, making it more health friendly.

Nata de coco

Nata-de-coco a cellulosic white to creamy yellow substance formed by acetobacter aceti subspecies Xylinium, on the surface of sugar enriched coconut water / coconut milk / plant extract / fruit juices or other waste materials rich in sugar. It is popularly used as a dessert and as an ingredient in other food products, such as ice cream, fruit cocktails, etc.

The Process **(from Matured Coconut Water)**

Mix strained coconut water with sugar and glacial acetic acid in stipulated proportions. Boil for ten minutes and cool. Add the culture solution and distribute the mixture in wide mouthed glass or plastic jars. Cover the jar with a paper or a thin cloth to protect from dust. Keep aside the solution undisturbed for two to three weeks. After this period, the white jelly like thick surface growth is harvested, washed thoroughly to remove all the acids and sliced into cubes. It is then immersed in flavoured sugar solution, again boiled and packed in glass jars or retortable pouches, sterilized and sealed.

Abdulla is already running a coconut oil mill, which he inherited from his father. Abdulla's Green Kera brand coconut oil is sold in pouches. 10 labourers along with Abdulla and his wife are managing the unit. Abdulla is very keen in following strict quality standards and keeps experimenting in developing newer products. A kind of edible paper sheet that can be used for rolling food products and surgical thread that can be absorbed into the body are the two new products in the pipeline.

Abdulla has already invested around Rs. 15 lakhs for the purchase of the machinery and equipments for setting up the unit. Eventhough Abdulla is into this business since the last 10 years, he could get income from Nata Nutrico since the last four years only. A new plant with Rs. 75 lakh investment with the financial support of Coconut Development Board is in the pipeline at the Kinfra park in Thaliparambu, Kannur. The unit is expected to start functioning from March 2018 onwards. ■

NATA DE COCO

Nata de coco, a chewy, translucent, indigenous dessert in the Philippines which is very popular in Japan. In 1993, Japanese people, especially young people consider nata de coco a popular dessert, however, its popularity declined because their interest moved to another trendy dessert. Small coconut farmers and those who started manufacturing nata de coco in the Philippines began to export more nata de coco to Japan in 1993. Though Japan imported 90 percent of the Philippines nata de coco, its supply did not meet the demand for the dessert in Japan. About one year later, the product's astonishing popularity quieted. Environmental and unemployment problems arose and Japan was importing nata de coco from the Philippines.

Nata fruit salad with custard

Ingredients :

Milk – 250ml
Custard powder -25g
Sugar – 50g
Nata life – 1 Pkt

Method of preparation

Boil milk with sugar and Nara Life. Add Custard powder to it, Stir well. Cool down the mix. Drain the fruit syrup and add to the mix.



Nata life candy

Ingredients :

Nata Life 100 gm – 1 Pckts
Condensed milk -400ml
Chopped cashew nuts/ground nuts – 100gm
Glucose- 2 table spoon
Glass cup for serve

Method of preparation

Boil the milk and nata life and wait for 10 minutes. Grind the mixture to a fine paste. Place the first 4 ingredients in a thick bottom cookware. Cook in low heat. Continuous stirring is needed until it gets thicker. Wait to cool down and make balls of de coco in oval shape.



Abdulla can be contacted: Nata Nutrico Food Products, NP-250/A, Kannur - 670 604
Kinfra Textile Centre, Block No: 17, Nadukani, Pallivayal P.O, Kannur - 670 142
Customare care No. : +91 9497 058 315, Email - natanutrico@gmail.com, Web - www.natanutrico.in