

How to Make Potato Starch Powder at Home

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It is really very easy to make potato starch at home. Use the potato variety which has high starch content (russet). Whenever my grandmother grated potatoes for use she never threw away the water. Always the starch from the water was separated and dried for later use. This was especially during the summer season which is also the season of making a wide range of papads and pickles for the entire year. As a kid I found this very funny as I thought she was being extremely stingy. It was only many many years later that I realized my naivety.

If you are planning to make it, I would suggest you have a definite use for the grated potatoes and first give a trial check on the quantity of starch you obtain because it is in small quantities. You can get ambitious only after the first trial as I am sure even you would not want wastage.

Also henceforth whenever you grate potatoes for any purpose, do not discard the water in which you soak them. It takes a little effort but you have your thickening agent ready for use.

INGREDIENTS

Potatoes (starchy variety)

METHOD:

1. Peel the potatoes and grate them directly into a bowl of water.
2. Make sure the water is over the level of the potatoes.
3. Leave them in the water for around 30 min.
4. Remove strain and squeeze out the grated potatoes. Add fresh water again into the potatoes and strain and squeeze them. Repeat process once more till the water comes out clear. Use the potatoes where ever required.



5. Strain the entire water once to remove any unwanted particles floating in it. Allow the starchy water to stand for around 30 min. Do not disturb the water at all. You will notice that the potato starch settles at the bottom of the bowl. Frequent changing of the water (with approx 30 min - 1 hour intervals in between to allow the starch to settle at the bottom of the bowl) and straining it helps in making the starch pure white and devoid of any impurities.

6. Carefully pour the water till you reach almost to the bottom. Again pour fresh water and allow to stand, drain carefully so that you don't pour away the starch. Repeat till you come to such a stage where you can no more pour the water without disturbing the starch.

7. Now pour it into a flat based container and allow to air dry. Do not dry it in the sun or even subject it to any heat. Use a dehydrator if you have one but air drying works just fine.
8. The white powder at the bottom is the potato starch. Store it in a dry airtight container. Use it as a thickener for soups, in sauces, cutlets, patties etc.

