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## ORGANOLEPTIC ATTRIBUTES OF WANKE PREPARED WITH SELECTED VARIETIES OF COWPEA

Folalu, A. A.\*  
Aneke, F. O.

The Federal Polytechnic Ilaro, Ogun State

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\*Corresponding author: omobolanle202@gmail.com

### ABSTRACT

*This study assessed the organoleptic attributes of wanke prepared with selected varieties of cowpea. A total of 50 panelists were selected for the sensory evaluation of the product which was prepared from three different cowpea to assess colour, aroma, mouth feel, taste and overall acceptability of the 3 different cowpea on a 9-point Hedonic scale. The result of sensory analysis revealed that for the different products, there was a substantial difference in the treatments measured. Consumer preference survey showed a general preference for cowpea T (pewu) with the highest value of (8.03), with taste, mouth feel and appearance being the highest attributes selected by consumers. The study recommends that farmers should pay more attention to produce more of this variety of cowpea and enlighten the general public on the health benefits.*

**Keywords:** Cowpea, food culture, gastronomy, tourism, sensory evaluation.

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### INTRODUCTION

Rice and beans are widely consumed in most countries in the world (Bitocchi, Nanni, Belluci, Rossi, Giardini, Zeuli, Logozzo, Stougaard, McClean, Attene & Papa, 2012). In the Northern part of Nigeria, rice-cooked mixed with cowpea is popularly called *Wanke*, this flavor food is often consumed with spices and soup (Tugli, Essuman, Kortei, Nsor-Atindana, Nartey & Ofori-Amoah, 2019). *Wanke* is a Ghanaian dish of cooked rice and beans, commonly eaten for breakfast or lunch. However, others eat it for supper. The rice and beans, usually black-eyed peas or cowpeas, are cooked together, along with red dried sorghum leaf sheaths to give it a distinctive color (Tugli, *et al* 2019). Although it is more popular in northern Ghana, *wanke* is consumed throughout the country, and is also known in Nigeria and Benin. *Wanke* is a dish with rice and red beans (or black eyed peas) cooked in an infusion of millet leaves. Those millet leaves bear the name of the dish i.e. *wanke*. *Wanke* (pronounced waachay) is a Hausa word, which means beans. It is actually an abbreviated form of the full name shinkafa da wake which means 'rice and beans' (Tugli, *et al.*, 2019).

Cowpea (*Vigna unguiculata*) is one of the most ancient crops known to man (Dolvo, Williams, & Zoaka 1984). Its origin and subsequent domestication is associated with pearl millet and sorghum in Africa (Racheal, 2020).

It is now a broadly adapted and highly valued crop, cultivated around the world primarily for seed, but also as a vegetable (for leafy greens, green pods, fresh shelled green peas, and shelled dried peas), as a cover crop and for fodder. (Muranaka, 2016).

Cowpea is an important source of plant protein in the developing world and most especially in West Africa; it is the most important economically and nutritionally indigenous African legume crops, especially in West and Central Africa (Madodé, Houssou, Linnemann, Hounhouigan, Nout, & Van Boeke, 2011).

A sweet honey bean is a naturally sweeter version of black eyed peas (Ligaya Figueras, 2013). It has a unique lightly sweet taste that works when cooked alone or in complicated West African recipes like moi-moi (Bean cakes) or *Akara* (Bean Fritters). It also goes by the name 'Ewa Oloyin'. It has an even light brown color and is harvested and processed with utmost care (Julie, 2019).

Nigeria Brown Beans are simply brown cowpeas which are grown and consumed in most parts of sub-Saharan Africa (Nwokolo, 2020). This variety also exists as white cowpea. The beans are highly nutritious and packed with good amounts of carbohydrate, protein, and other nutrients. They are excellent source of protein, fiber, vitamins, and minerals (Gibney, 1989). These nutrients may have several benefits, including improved blood, sugar control and heart health. (Monika & Irvin Liener 1986).

White beans, also known as white navy beans, offer extraordinary health benefits (Alayande, Mustapha, Dabak, & Ubom, 2012). They are loaded with antioxidants and provide a good supply of detoxifying molybdenum (Alayande, *et.al.*, 2012). They are also a good source of fiber and protein and produce alpha-amylase inhibitors which help regulate fat storage in the body (Jenkins, 2000). However, they have a similar mild and nutty flavor (Fisher & Bender 1985). They also hold up well in soups and stews and can be tossed in salads. White beans deliver a hefty supply of antioxidants, substances that fight off diseases and help optimum health (Tobin & Carpenter, 1978). This study is designed to assess the organoleptic of rice cooked with different cowpeas in the study area and also to determine its acceptability since it has been recorded that majority of people neglect the consumption of *wanke* not considering the nutrients embedded and its benefits to human.

**MATERIALS AND METHOD**

The following are the recipes and methods of preparation.

The research was conducted in Hospitality Management Demonstration kitchen Ogun state. The research was qualitative in nature and involved selected staff in Hospitality Management Demonstration kitchen workers from The Federal Polytechnic in Ilaro, Ogun State.

In this study, a total of 50 respondents/panellists were employed, the information needed for the primary source was gathered using a sensory evaluation sheet using Nine (9) point's Hedonic scale, mean and standard deviation was used for the significant difference of the samples.

Method of Preparation for Each Sample Rice with *Pewu* Beans.

**Recipe**

500g of rice  
500g of *pewu* beans.

Salt & seasoning

Procedure

A dried leaf of millet was placed in 1 quart (1l) of boiling water and was boiled for 15 minutes until the water was well colored. The *wanke* leaves were removed and stired. The rice was rinsed in water a couple of times. In a pot, 2 cans of *pewu* beans were poured (without the water) and the rice. Then the colored water was added to the rice and beans, water can be added if necessary. It was then covered and

cooked for 35 minutes or until the rice is cooked and has absorbed all the water, salt was added for taste, and allowed to dry.

**Rice with Brown Beans Recipe**

500g of rice  
500g of brown beans.  
Salt & seasoning

**Rice with White Beans Recipe**

500g of rice  
500g of white beans.  
Salt & seasoning

**Wanke Sauce Recipe**

500g of red tomatoes, peppers and onions  
1/8 cup diced pomo  
1/2 cup flaked smoke fish  
1/2 cup chopped onion  
1/2 crayfish  
Two Maggi cube  
Salt

1 cup of palm oil

Procedure

Red tomatoes, peppers and onion were blended together, a pot was placed on fire to heat up and palm oil was added. Chopped onion, salt, and seasoning were then added to the tomato/pepper mixture. Assorted meat, smoked fish, crayfish and stock were added as well for better taste. It was allowed to cook for 35minutes and served in a casserole.

**Data Analysis**

Descriptive statistics, such as mean and standard error, were used to analyse the data, while means were compared with Analysis of Variance (ANOVA).

**RESULTS AND DISCUSSION**

**Table1: Organoleptic attribute of *wanke* prepared with selected varieties of cowpea (*Phaseolus vulgaris*)**

Treatment	Appearance	Colour	Texture	Taste	Flavor	Overall acceptability
T	8.50±0.67 <sup>a</sup>	8.11±0.40 <sup>b</sup>	7.88±1.39 <sup>b</sup>	8.45±0.64 <sup>b</sup>	8.31±0.46 <sup>a</sup>	8.03±0.89 <sup>a</sup>
T1	8.30±0.90 <sup>a</sup>	7.82±0.74 <sup>a</sup>	7.34±1.30 <sup>a</sup>	7.74±0.80 <sup>a</sup>	8.02±0.79 <sup>a</sup>	7.88±0.93 <sup>a</sup>

T=*pewu* beans, T1=*brown* beans, T2=*honey* beans, T3 *white* beans beans

Note: Mean values with the same superscript in each column are not significantly different from each other (P> 0.05)

The result of the analysis of variance (ANOVA) conducted showed that there was significant difference in the treatments measured for all the parameters considered in this study (*i.e.* p < 0.05).

**Appearance**

All values were not significantly different across all treatment ( $p < 0.05$ ). T recorded the highest value ( $8.50 \pm 0.67$ ) while  $T_1$  recorded the lowest value of ( $8.30 \pm 0.90$ ).

**Colour**

All values were significantly different across all treatment ( $p < 0.05$ ). T recorded the highest value ( $8.11 \pm 0.40$ ) and the lowest value of  $7.82 \pm 0.74$  was recorded by  $T_1$ .

**Texture**

All values were significantly different across all treatment ( $p < 0.05$ ). In this study,  $T_3$  recorded the highest value of ( $7.97 \pm 0.74$ ).  $T_1$  recorded the lowest value of  $7.34 \pm 1.30$ . ( $p > 0.05$ )

**Taste**

All values were significantly different across all treatment ( $p < 0.05$ ). From this result, T recorded the highest value ( $8.45 \pm 0.64$ ) with  $T_1$  having a value of  $7.74 \pm 0.80$  recorded the lowest value.

**Flavor**

All values were not significantly different across all treatment ( $p < 0.05$ ). T recorded the highest value of  $8.31 \pm 0.46$  while  $T_1$  recorded the lowest value of  $8.02 \pm 0.79$ .

**Overall acceptability**

All values were significantly not different across all treatment ( $p < 0.05$ ). T ( $8.03 \pm 0.89$ ) compares favorably with  $T_1$  ( $8.02 \pm 0.80$ ) which recorded the lowest value.

Table 2: Organoleptic attribute of wanke prepared with selected varieties of cowpea (*Phaseolus vulgaris*)b

Treatment	Appearance	Colour	Texture	Taste	Flavor	Overall Acceptability
T	$8.50 \pm 0.67^a$	$8.11 \pm 0.40^b$	$7.88 \pm 1.39^b$	$8.45 \pm 0.64^b$	$8.31 \pm 0.46^a$	$8.03 \pm 0.89^a$
T2	$8.34 \pm 0.74^a$	$8.02 \pm 0.62^{ab}$	$7.94 \pm 0.95^b$	$8.40 \pm 0.67^b$	$8.24 \pm 0.84^a$	$7.70 \pm 0.83^a$

The result of the analysis of variance (ANOVA) conducted showed that there was significant difference in the treatments measured for all the parameters considered in this study ( $i.e. p < 0.05$ ).

**Appearance**

All values were not significantly different across all treatment ( $p < 0.05$ ). T recorded the highest value ( $8.50 \pm 0.67$ ) while  $T_2$  recorded the lowest value ( $8.34 \pm 0.74$ ).

**Colour**

All values were significantly different across all treatment ( $p < 0.05$ ). T recorded the highest value ( $8.11 \pm 0.40$ ) and the lowest value ( $8.02 \pm 0.62$ ) was recorded by  $T_2$ .

**Texture**

All values were significantly different across all treatment ( $p < 0.05$ ). In this study, T recorded the lowest value of ( $7.88 \pm 1.39$ ).  $T_2$  recorded the highest value ( $7.94 \pm 0.95$ ). ( $p > 0.05$ .)

**Taste**

All values were significantly different across all treatment ( $p < 0.05$ ). From this result, T recorded the highest value of ( $8.45 \pm 0.64$ ) while  $T_2$  recording the lowest value ( $8.40 \pm 0.67$ ).

**Flavor**

All values were not significantly different across all treatment ( $p < 0.05$ ). T recorded the highest value ( $8.31 \pm 0.46$ ) while  $T_2$  recorded the lowest value ( $8.24 \pm 0.84$ ).

**Overall acceptability**

All values were significantly not different across all treatment ( $P < 0.05$ ). T ( $8.03 \pm 0.89$ ) compare favorably with  $T_2$  recorded the lowest value ( $7.70 \pm 0.83$ ).

Table 3: Organoleptic attribute of wanke prepared with selected varieties of cowpea (*Phaseolus vulgaris*)c

Treatment	Appearance	Colour	Texture	Taste	Flavor	Overall Acceptability
T	$8.50 \pm 0.67^a$	$8.11 \pm 0.40^b$	$7.88 \pm 1.39^b$	$8.45 \pm 0.64^b$	$8.31 \pm 0.46^a$	$8.03 \pm 0.89^a$
T3	$8.51 \pm 0.68^a$	$8.10 \pm 0.89^{ab}$	$7.97 \pm 0.74^b$	$8.48 \pm 0.73^b$	$8.32 \pm 0.89^a$	$8.02 \pm 0.80^a$

The result of the analysis of variance (ANOVA) conducted showed that there was significant difference in the treatments measured for all the parameters considered in this study ( $i.e. p < 0.05$ ).

**Appearance**

All values were not significantly different across all treatment ( $p < 0.05$ ). T recorded the lowest value ( $8.50 \pm 0.67$ ) while  $T_3$  recorded the highest value ( $8.51 \pm 0.68$ ).

**Colour**

All values were significantly different across all treatment ( $p < 0.05$ ). T recorded the highest value ( $8.11 \pm 0.40$ ) and the lowest value ( $8.10 \pm 0.89$ ) was recorded by  $T_3$ .

**Texture**

All values were significantly different across all treatment ( $p < 0.05$ ). In this study, T recorded the lowest value of  $(7.88 \pm 1.39)$ . T<sub>3</sub> recorded the highest value  $(7.97 \pm 0.74)$ . ( $p > 0.05$ )

**Taste**

All values were significantly different across all treatment ( $p < 0.05$ ). From this result, T recorded the lowest value  $(8.45 \pm 0.64)$  with T<sub>3</sub> having the highest value  $(8.48 \pm 0.73)$ .

**Flavor**

All values were not significantly different across all treatment ( $p < 0.05$ ). T recorded the lowest value  $(8.31 \pm 0.46)$  while T<sub>3</sub> recorded the highest value  $(8.32 \pm 0.89)$ .

**Overall acceptability**

All values were significantly not different across all treatment ( $p < 0.05$ ). T  $(8.03 \pm 0.89)$  compare favorably with T<sub>3</sub> recorded the lowest value  $(8.02 \pm 0.80)$ .

**DISCUSSION**

The results of the sensory evaluation's analysis revealed that there was a significant difference in the treatments tested for some of the parameters in this study (i.e.  $p < 0.05$ ). It can be deduced from this research that the *pewu* beans (T) is highly acceptable by the respondents in this research study. Also it was revealed that T which is *pewu* beans or local beans has a great appearance, color, taste and flavor, T<sub>2</sub> has a finer texture, while white beans (T<sub>3</sub>) has a good taste when compared with other samples used in this study. T<sub>2</sub>&T<sub>3</sub> can therefore be used as substitutes in preparation of *wanke* for human consumption. Furthermore, across all treatments, all values were substantially different in taste. *Pewu* beans or local beans representing T in this study has the highest and the greatest value making it more acceptable by the respondents and the best cowpea that fits in to be used in preparing *wanke* for human consumption because of its major influence on the metabolism of the gastrointestinal tract which reduces the risk of colon cancer in humans. This is in line with the findings of Gibney (1989). Therefore, *pewu* (T) tends to come out better and finer compared to other samples carried out in this study. Lastly, *pewu* beans are generally accepted by the respondents in all ramifications; which implies that *pewu* beans is most preferred in all sensory attributes.

**CONCLUSION & RECCOMENDATION**

The acceptability of *wanke* for consumption in local restaurants has been demonstrated in this study. A vital point to note is the availability of the commodities for the preparation of the product. However, the raw materials for preparing the product are in short supply. Farmers should pay more attention to production of this variety of cowpea and enlighten the general public on the health benefits, to ensure good quality of *wanke* production which will serve as a marketing tool for restaurants. The enlightenment will increase consumer's patronage in eateries or food service centers. Such efforts would not only be in favour of increased production by farmers but for consumers, which will also broaden the sales marketability at large. This will encourage capital investment in the cowpea production sector hereby raising the quality of *wanke* for the masses.

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**Website:** www.hatman2010.org  
E-Mail:nationalsec@hatman2010.org  
**08060344776, 08034072296**  
**08067992234, 08161883944**

For further information please contact the Editor at the above address

# WHAT IS HATMAN?

It is the professional body for the international hospitality industry. With around 3,000 members in 36 states in Nigeria and Abuja, the *Hospitality and Tourism Management Association of Nigeria* (HATMAN) is recognized throughout the nation.

Established in 1999, HATMAN's national influence brings together individuals from all sectors of the hospitality and tourism industry – airlines, resorts, hotels, contract catering, restaurants, fast food, pubs and clubs, hospitals, education, armed forces and the teaching profession.

In its size and scope, it leads the hospitality and tourism world in Nigeria.

## WHAT DO YOU NEED?

To succeed in the exciting fast growing changing hospitality and tourism industry, do you need?

- Ø To be recognized as a professional
- Ø To be very well informed and therefore impressively knowledgeable about latest industry trends and development?
- Ø To meet other professionals and gain from their knowledge and experience?
- Ø To be supported at every stage of career development?

## You need to join HATMAN.....

### Why Join?

- Ø HATMAN membership gives you status. Designatory letters identify members as professional managers. You will gain recognition from your employers, colleagues and customers.
- Ø We ensure that you keep up-to-date in our rapidly developing industry through HATMAN's comprehensive information network, quarterly newsletter, and journal, the *Hatman Journal of Hospitality and Tourism*.
- Ø The Association represents a global network of like-minded colleagues of 3,000 professionals in 36 states of Nigeria and Abuja who will respect you as a member.
- Ø In today's competitive employment market we provide exclusive job opportunities for members and access to lifelong learning.

### How does this benefit you?

The benefits of membership are thoroughly practical. There are hundreds of ways in which we support our members on a day-to-day basis.

### Professional Recognition

In order to become a member of **HATMAN**, members must meet a high standard of management excellence. This is recognized by designatory letters which may be used after your name to signify your status. In addition, companies are increasingly looking with greater favour on applicants who are members of **HATMAN** for management posts.

**HATMAN** is the authoritative voice for hospitality and tourism in Nigeria, representing your views to government, education and industry.

### Keeping you informed

The **HATMAN** library is going to be one of the most comprehensive sources of information in the field of hotel, catering and tourism operation with our relationship with Institute of Hospitality UK, having over 80,000 books and subscribing to industry journals. It provides, free of charge to members, and invaluable source of reference.

Members receive a complimentary subscription to the excellent quarterly newsletter; purchase the *Hatman Journal of Hospitality and Tourism*, containing informative technical articles on developments within the industry, the latest think in hospitality and tourism management and views from its leaders.

### Enhancing Your Career

The exclusive career progression opportunities available to members are;

#### **HATMAN Job Register**

Linking members searching for a new job to potential employers world-wide.

#### **Internet Job Shop**

A preview of the latest employment opportunities in the international hospitality and tourism industry.

### Career Planning Intelligence

Fast access to geographic data, market analysis, sector trends and detailed company overviews, ensuring you are fully prepared to make a successful career move.

In addition, members have access to a dedicated **HATMAN** advisor to provide objective and unbiased guidance on your career. The Association also provides 'Continuing Professional Development' opportunities to keep your knowledge and skills fine tuned.

### **Providing Networking Opportunities**

Putting you in touch with over 15,000 local, national and international contacts, **HATMAN** seminars, conferences and social and business meetings aim to extend your knowledge and understanding of the issues facing the industry – and enable you to learn from the experience of other members.

It is not unknown for members to meet their next employer on these occasions! You may wish to make your own contribution to the industry's future. We welcome input from our members on various industry committees, working groups and advisory boards.

### **Plus Personal Benefits**

Finally, a range of special offers and discounts is available including hotels, car hire, subscription to our journal and other publications.

### **WHO should join HATMAN?**

From students to chief executives, whether in your own business or a global organization, there is a membership grade to suit all management levels.

Whilst the completion of certain hospitality courses automatically makes you eligible, we do recognize that many highly skilled supervisors and managers come directly into the industry. For them we have a point's assessment system which gives credit for work-place learning and responsibility, which leads to membership. Wherever you are in your career, there is a membership grade for you.

The grades are designed to assist career progression and reflect every stage of career development.

### **HATMAN Membership Grades**

Hospitality and Tourism Management Association of Nigeria Membership Grades are as follows:

- STUDENT MEMBER
- AFFILIATE (AFHATMAN)
- ASSOCIATE (AHATMAN)
- MEMBER (MHATMAN)
- FELLOW (FHATMAN)

### **AFFILIATE MEMBER (NON CORPORATE GRADE OF MEMBERSHIP)**

This grade is open to those who wish to participate in, and learn about the work of the Hospitality and Tourism Management Association of Nigeria and is assigned initially to all members on first joining the Association. Affiliate members do not have voting rights and cannot hold office.

Affiliate members are normally those not eligible for a higher membership grade or individuals studying for a recognized qualification in hospitality, leisure or tourism.

### **ASSOCIATE (AHATMAN)**

This is the first Membership grade of the Institute that confers designatory letters upon an individual (AHATMAN). Associate Members do not have voting rights and cannot hold office. Associate Members will have met the following criteria:

- Qualifications: a Hospitality or Tourism based qualification, a degree, foundation degree, diploma or equivalent comparable qualification awarded by a Nigerian or internationally recognized organization.
- Industry Experience: have achieved the appropriate Industry Experience Points in an entry level or supervisory management post directly concerned with the hospitality, leisure and tourism industries, and/or in other areas of work.
- Continuing Professional Development: have shown evidence of an ongoing commitment to Continuing Professional Development.

### **MEMBER (MHATMAN)**

This grade of membership confers designatory letters upon an individual (MHATMAN). Members have full voting rights and can hold office in the association. Members will have met the following criteria:

- Qualifications: have achieved Hospitality/Tourism qualification, a degree, foundation degree, diploma or equivalent comparable qualification awarded by an international recognized institution.
- Industry Experience: Have achieved the appropriate Industry Experience Points in a management or senior management post directly concerned with the hospitality, leisure and tourism industries, and/or in other relevant areas of work.
- Continuing Professional Development: Have shown evidence of an ongoing commitment to Continuing Professional Development

and have consistently participated in association's conferences.

### **FELLOW (FHATMAN)**

This grade of membership confers designatory letters upon an individual (FHATMAN). Fellows have full voting rights and can hold office in the association. Fellows will have met the following criteria:

- Have made a significant personal contribution to the industry.
- Have been in a Senior Management position for at least 5 years
- Have been a Full Corporate Member (MHATMAN) of the association for at least five years or at the discretion of the Executive Council be considered for direct entry in accordance with the relevant constitutional provisions.
- Should be able to demonstrate a significant contribution to the aims and work of the association.
- Have shown evidence of an ongoing commitment to Continuing Professional Development.
- Applications for upgrading to Fellowship shall be supported by two Fellows of the association, who shall have knowledge of the candidate for THREE years immediately preceding the application. Referees must not be members of the applicant's immediate family circle.

### Direct Entry to Fellowship

In exceptional circumstances, the National Executive Council may admit directly into Fellowship, individuals who have made an outstanding contribution to the industry. They must be able and willing, in the view of the Executive Council, to personally advance the objectives of the Association and encourage others to pursue these objectives throughout a major segment of the industry. They should be supported by three Fellows of the Hospitality and Tourism Management Association of Nigeria, one of whom acts as proposer. This method of entry into Fellowship is not available by application; it is invitation only.

### Student

Students following HATMAN accredited programmes of study are registered as student members and may upgrade to full membership on graduation.

### Apply now

Applying is easy simply complete the application form and forward with our application form fee of N2,000, registration fee of N26,500 and one year subscription fee for your category of membership paid into designated HATMAN bank account

The application process should take about two weeks and we will keep you informed at every stage

### Immediate Benefits?

Whilst your application is being processed, please feel free to sample our benefits and services free of charge.

We will send you a welcome pack, containing details of how to make the very best use of our services.

**HATMAN Website: [www.hatman2010.org](http://www.hatman2010.org)**

### Professional Standards

Upholding high standards is key to the status of a professional body. We ask you to provide the name of one referee to support your application.

### Membership Grades

Following a thorough evaluation of your application we will inform of our membership grade. Our assessors will provide clear guidance on how you can progress with HATMAN.

### Annual Subscriptions

Subscription rates can be found within the application form. Many companies will assist employees with professional membership fees. However, you may pay your own subscription.

### Welcome to HATMAN

We will send you a personalized membership card and a prestigious certificate to display as evidence of your profession status. We look forward to a long and happy relationship with you.

### UPGRADING

The membership committee may also upgrade you if it considers that you have contributed significantly to the upliftment of the association and the industry. Those who have acquired higher academic qualifications may also apply to the membership committee for upgrade. Upgrading fee is N10,000 only.

### Apply now!

Visit [www.hatman2010.org](http://www.hatman2010.org)  
Learn more about HATMAN,  
Download Membership Form,  
Complete form, attach credentials,  
Ensure your referees endorse your form,  
Pay appropriate fees to HATMAN bank  
Account as shown on website,  
Send your completed form and your bank slip to:

### National Executive Secretary

Hospitality and Tourism Management  
Association of Nigeria (HATMAN)  
Floor 5 suite 99,  
Turaki Ali House (NNDC)  
3 Kanta Road,  
Kaduna, Nigeria.

You can also obtain printed membership application forms from our state coordinators as shown on website or directly from the national secretariat.

Confirm receipt of your documents and progress of your application on phone:

08067992234, 08161883944,

**Website-[www.hatman2010.org](http://www.hatman2010.org)  
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