

**FSHN 381  
NEW Recipe Form**

Project: Grain & Legume Tuna Patty

Date: 10/30/2008

Group Members: Clarissa Koga, Brandy Love, Leigh Ziegler

Recipe Name: Buckwheat Tuna Patties

Serving Size (g): 148 g

Number of Servings: 1

Serving Size (cup, tsp, etc):

**Ingredients List**

<b>Ingredient</b>	<b>Weight (grams)</b>	<b>Household Measurement (cup, tsp, etc)</b>
Canned Tuna	74 g	½ cup
Buckwheat Groats (boiled 2:1 water to groat ratio)	51 g	1/3 cup
Salt	1.4 g	¼ tsp
Pepper	0.8 g	¼ tsp
Onion Powder	1 g	¼ tsp
Garlic Powder	0.8 g	¼ tsp
Soy Flour	20 g	¼ cup

**Procedure:**

1. Mix tuna and buckwheat groats by hand
2. Mix in all seasoning
3. Mix in soy flour
4. Hand form patty to width of 1 cm
5. Pan fry patty in 2 Tbsp vegetable oil for 2-3 minutes on each side

**Sensory Evaluation Results:**

Little too salty, great appearance, good texture

**Any other comments:**

Don't over-mix patty, keep tuna chunky