

**FSHN 381
NEW Recipe Form**

Project: Grain and Legume Tuna Patty

Date: 11/03/2008

Group Members: Beth, Nick, Anna

Recipe Name: Soybean Tuna Patties

Serving Size (g): 115 g (post cooking weight)

Number of Servings: 1

Serving Size (cup, tsp, etc): 1 patty

Ingredients List

| Ingredient | Weight (grams) | Household Measurement (cup, tsp, etc) |
|----------------|-------------------|---|
| Soybeans | 37.8 g | ¼ cup |
| Rice Flour | 14 g | 1 ½ Tbsp |
| Guar Gum | 1.4 g | ¼ tsp |
| Seasoning Salt | 2 g | ½ tsp |
| Onion Powder | 1 g | ¼ tsp |
| Basil | 1 g | ¼ tsp |
| Garlic Powder | 1 g | ¼ tsp |
| Pepper | 0.6 g | 1/8 tsp |
| Tuna | 71.4 g | 1/3 cup |
| Tuna Water | 9.8 g | 2 tsp |

Procedure:

1. Soak soybeans overnight and cook to a simmer for 1 ½ hours
2. Measure dry ingredients and combine
3. Measure wet ingredients and combine
4. Combine dry ingredients to wet and mix by hand
5. Form patty by hand
6. Cook over med/med high heat in 1 Tbsp canola oil for 3 minutes on each side