

FSHN 381
NEW Recipe Form

Project: New and Innovative Dairy Dessert

Date: 11/16/2008

Group: Members: Mele, S.K, Kelly, Anna-Rea

Recipe Name: Okinawan Sweet Potato Treat with Guava-Orange Sauce

Serving Size (g): 175g

Number of Servings: 10

Serving Size (cup, tsp, etc): 10 per container

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
<u>Bread Pudding</u>		
Sweet Potatoes	200 g	¾ cup
Whole Wheat Bread	80 g	4 slices
Butter	30 g	3 Tbsp
Cinnamon	4 g	1 tsp
Nutmeg	½ g	1/4 tsp
Yogurt	324 g	1/2 cup
Skim Milk	380 g	3/4 cup
Vanilla	1 g	1 ½ tsp
Brown Sugar	175 g	½ cup
Egg	162 g	3 each
Fibersol	30 g	

<u>Guava-Orange Sauce</u>		
Guava Juice	232 g	½ cup
Calcium Fortified Orange Juice	116 g	¼ cup
Sugar		1/3 cup
Xanthan Gum		2 tsp

Procedure:

Bread Pudding

-Butter a 2-quart baking dish. Preheat oven to 350 F

1. Steam sweet potatoes until cooked. Mash them with a fork and put them aside
2. Chop bread slices into small squares
3. Melt butter
4. Add melted butter to bread crumbs and toss with cinnamon and nutmeg
5. In another bowl, mix the yogurt, skim milk, vanilla, brown sugar, egg and Fibersol together
6. Slowly whisk in sweet potato in the yogurt, skim milk, brown sugar, and Fibersol mixture
7. Spread the bread crumbs evenly in baking dish
8. Add sweet potato mix into the baking dish and let stand for 10 minutes
9. Bake for 45-55 minutes

Guava-Orange Sauce

1. Mix Guava Nectar Juice and Orange Juice in a bowl
2. Mix sugar and xanthan gum in another bowl

3. Slowly add sugar/xanthan gum mixture with juice in a hand blender until desired texture is achieved.

Top off Okinawan treat with 2 Tbsp of Guava-Orange sauce.

Sensory Evaluation Results:

Results from the sensory evaluation forms show that the sweet potato bread pudding had acceptable sensory characteristics for the majority of the senior center residents. Three out of four of the sensory characteristics showed a degree of preference of 89% or higher. However, texture was scored the lowest with a degree of preference of 78.2%. Some comments of the residents stated that the dessert did not resemble a bread pudding. Only 5 of the 11 residents answered if the dessert was innovative and all 5 who answered stated that it was indeed innovative.