

**FSHN 381
NEW Recipe Form**

Project: Grain and Legume Tuna Patty

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Recipe Name: Garbanzo Bean Tuna Patties

Serving Size (g): About 143 g

Number of Servings: 1

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

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
Canned Tuna, drained	62 g	¾ cup
Garbanzo Beans, coarsely minced	58 g	½ cup
Cornstarch		1 tsp
Water		2 tsp
Onion Powder		½ tsp
Garlic Powder		½ tsp
Ground Ginger		½ tsp
Parsley Flakes		¼ tsp
Paprika		¼ tsp
Salt		¼ tsp
Black Pepper		Pinch
Chickpea Flour		2 tsp

Procedure:

1. Mix tuna and beans together, mix until well incorporated
2. Heat cornstarch and water mixture until becomes a gel
3. Add cornstarch, spices, and chickpea flour into the tuna and beans and mix well
4. Shape patty into disk approximately 4” diameter and 1.5” thickness
5. Heat 1 to 2 Tbsp vegetable oil in frying pan
6. Fry tuna patty on each side for about 3-4 minutes or until browned
7. Place on paper towel to soak oil
8. Serve as sandwich or eat with rice

Sensory Evaluation Results:

Scale: Hate it, Bad, So-So, Good, Love it

Appearance—Good Flavor—So-So

Moistness—Good Texture—Good Overall Acceptability—So-So

Any other comments:

On enjoying the patty, YES—6 NO—5

On purchasing if available in stores, YES—4 NO—7

Cooking and mixing techniques may have varied in individual samples.

