

**FSHN 381
NEW Recipe Form**

Project: Grain and Legume Tuna Patty

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Recipe Name: Lentil Curry Tuna Patties

Serving Size (g): 134 g

Number of Servings: 1

Serving Size (cup, tsp, etc): 1 ½ cups

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
Canned Tuna, drained	69 g	¾ cup
Cooked Lentils	35 g	1/3 cup
Tuna Water	13 g	1/8 cup
Chickpea Flour	13 g	1/8 cup
Garlic Powder	1.4 g	¾ tsp
Onion Powder	0.4 g	¼ tsp
Salt	0.7 g	1/3 tsp
Pepper	0.7 g	1/3 tsp
Basil Flakes	0.2 g	1/8 tsp
Curry Powder	0.7 g	1/3 tsp

Procedure:

1. Weigh out all ingredients
2. Mix tuna and lentils together, mash with fork
3. Add tuna water, chickpea flour, and spices
4. Form into a patty with hands
5. Fry in ½ Tbsp of vegetable oil on medium heat

Sensory Evaluation Results:

Patty had acceptable sensory evaluation results.

Appearance: Liked very much = 71.4%, Like moderately = 14.3%, Neither like nor dislike = 14.3 %

Texture: LVM = 42.9%, LM = 35.7%, NLND = 14.3%

Flavor: LVM = 42.9%, LM = 42.9 %, NLND = 7.1%, DM = 7.1%

Any other comments:

Patty might have been a little too spicy for senior citizens