

**FSHN 381
NEW Recipe Form**

Project: Grain and Legume Tuna Patty

Date: November, 2008

Group Members: Aaron Brown, Isabel Mearig, Margaret Wilson

Recipe Name: Millet Tuna Patties

Serving Size (g): 120 g

Number of Servings: 6

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

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
Cooked Millet	264 g	1 ½ Cups
Tuna	360 g	2 Cups
Chickpea Flour	72 g	1/2 Cup
Guar Gum	7.2 g	1 Tbsp
Salt	5 g	1 tsp
Pepper	3 g	1 tsp
Garlic Powder	3 g	1 tsp
Onion Powder	3 g	1 tsp

Procedure:

1. Cook approximately $\frac{3}{4}$ cup of millet in $2\frac{1}{4}$ cups of water on medium heat until water is absorbed and millet is softened.
2. Drain tuna.
3. Mix the chickpea flour, guar gum, and spices with a fork in a medium bowl.
4. Add the $1\frac{1}{2}$ cups of cooked millet and the tuna to the chickpea flour mixture. Mix ingredients with hands until evenly distributed.
5. Heat 2 tablespoons of oil in a large saucepan over medium heat. Form $6\frac{1}{2}$ " thick patties with hands and place in pan. Cook until light golden brown on outside.
Serve immediately.

Sensory Evaluation Results:

Evaluators rated the tuna patties on a scale from 1 – 5 (1 being least acceptable) for appearance, texture and taste. The average score for appearance was 4, for texture was 3.6, and for taste was 3.8. 10 of the 13 evaluators reported that they enjoyed eating the tuna patty.