

FSHN 381
NEW Recipe Form

Project: Fruit & Vegetable Patty Date: November 8, 2010

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Recipe Name: Black Bean Fruit & Vegetable Patty

Serving Size (g): 174 g Number of Servings: 2 servings (4 patties)

Serving Size (cup, tsp, etc): 2 patties

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
Dried Black Beans	168.6	1 cup
Diced Celery	18.8	2 Tbsp
Minced Carrots	36.2	¼ cup
Diced Fuji Apple	81.8	½ cup
Potato Starch	8.2	1 ¾ tsp
Soy Flour	4.0	2 tsp
Dried Onion Flakes	10	2 Tbsp
Ground Cumin	1.0	½ tsp
Paprika	1.2	½ tsp
Salt, table	2.0	¼ tsp + 1/8 tsp
Water	10	2 tsp
Oil (for sautéing)	6.4	2 tsp

Procedure:

Dried Black Bean Preparation

1. Soak the dried black beans in 4 cups of cold tap water for about 8 hours in a covered bowl in the refrigerator.
2. Remove the soaked beans from the refrigerator and drain.
3. Measure ¾ cup of the soaked beans and place them in a pot.
4. Fill the pot with warm tap water to about 3 inches above the beans and bring to a boil.
5. Lower the heat down to low and let the beans simmer for about 35 minutes. (Adjust heat so the water maintains a simmer, depending on your stove).

6. Remove beans off heat source.
7. Drain the cooked beans, but DO NOT RINSE.

Veggie and Fruit Patty

(Before beginning the next step, wash your hands with soap and water. Wash necessary knives, cutting boards and pans in preparation for the next set of directions.)

1. In a large bowl, mash the prepared beans to an almost smooth texture, using either a fork or pastry blender.
2. Wash and peel the carrots, then cut into small pieces, about 1/8 inch cubes. Wash and peel the apple before cutting it into medium size pieces, about 1/4 inch cubes. Wash and scrub the celery into medium size pieces, about 1/4 inch pieces. Cut each vegetable and fruit separately on a clean cutting board before measuring.
3. Add the vegetables and fruit to black beans and mix well to combine..
4. In a separate bowl, combine the dry ingredients (potato starch, soy flour, dried onion flakes, ground cumin, paprika, and salt).
5. Add the dry ingredients to the bean mixture, mixing until all ingredients are evenly distributed.
6. Add water to the bean mixture until moist
7. Divide the final mixture into four portions and form each one into a round patty with a uniform thickness. (This recipe is set to make four 6 oz patties; however, you can choose to make them to your own size preference.)
8. Place the four mini patties on a microwave-safe plate, cover it with plastic food-safe wrap, and microwave for 1 1/2 minutes on full power.
9. Add 1 teaspoon of oil to a frying pan and set the temperature to medium heat. (Make sure the pan is dry is before adding the oil to avoid oil spattering.) Cook for 1 minute on each side or until golden brown in color. Add remaining oil as needed.
10. Remove from heat and serve.

Sensory Evaluation Results:

It was found to be sensory acceptable to seniors in outer appearance, aroma, taste, and texture. Overall acceptability was rated “liked.” Outer appearance was rate most favorable among panelist because of the golden brown crust on the patties, along with the contrast of vibrant colors from the vegetables. The sweetness of the patties was found to be favorable among the panelists. The sweet flavor comes from the apple pieces. The patty’s texture had the least favorable ratings of all the characteristics. The unfavorable texture rating was related to the crunchiness of under cooked vegetables. When preparing the 20 samples for sensory evaluation, some of the patties may have been under cooked accidentally because of the pressure from a time

restraint.

Nutrition Information:

Nutrition Facts	
Serving Size (174g)	
Servings Per Container	
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Amount Per Serving	
<hr/>	
Calories 210	Calories from Fat 40
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% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 350mg	14%
Total Carbohydrate 36g	12%
Dietary Fiber 10g	40%
Sugars 7g	
Protein 9g	
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Vitamin A 50%	• Vitamin C 15%
Calcium 6%	• Iron 35%