

FSHN 381
NEW Recipe Form

Project: Fruit and Vegetable Chickpea Patty Date: Nov. 24, 2010

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Recipe Name: Fruit and Vegetable Chickpea Patty

Serving Size (g): 167 g Number of Servings: 2

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

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
Garbanzo beans (chickpeas)	16.4	1 cup
Fresh pineapple	47.5	¼ cup
Fresh carrots	95.4	½ cup
Garlic powder	2.5	1 tsp
Onion flakes	7.6	1 Tbsp
Black pepper	.5	½ tsp
Salt	1.2	½ tsp
Cornstarch	13.5	4 tsp
Potato starch	14.7	4 tsp
Canola oil	3.5	1 tsp

Procedure:

Bean Preparation

- 1) Soak dry garbanzo beans refrigerated for 24 hours. Use 1 part beans to 2 parts cold tap water.
- 2) Drain the soaked beans and transfer to 2-quart saucepan.
- 3) Cover in water 2 inches above beans.
- 4) Bring the beans to a boil on *medium-high*, roughly 5 minutes
- 5) Turn down the heat to *low* and simmer for approximately 35 minutes or until beans are cooked and tender, stirring occasionally.
- 6) Remove beans from heat, drain and run through cold water until no longer hot.

Patty Preparation

- 1) Puree ½ cup of chickpeas in a food processor.
- 2) Mash ½ cup of chickpeas with a fork, just enough to keep a chunky texture.
- 3) Combine both chickpea mixtures with the garlic powder, onion flakes, pepper and salt, until combined.
- 4) Mince the pineapple and carrots and set aside in bowl.
- 5) Sauté pineapple and carrot mixture in fry pan over *medium-low* heat for 5 minutes.
- 6) While vegetables are cooking, in a separate bowl, add 2 tsp of water to the cornstarch and mix well until dissolved. Repeat with 4 tsp of water to the potato starch.
- 7) Add the starch mixtures to the hot sautéed vegetables after 5 minutes of cooking, and continue to cook over *medium-low* heat for 5 minutes.
- 8) Remove the fruit and vegetable mixture from the heat and combine with the chickpea/spice mixture. Mix together well until all ingredients are evenly dispersed.
- 9) Divide mixture into four ½ inch thick patties. The shape should be round and flat.
- 10) Pan fry in oil over medium heat for 2 minutes on each side, or until slightly golden brown. Serve hot.

Sensory Evaluation Results:

At the Kahala Nui retirement home, 18 participants took part in a sensory evaluation of the fruit and vegetable chickpea patty. The product was judged on the characteristics: *outer appearance, color, aroma, taste, texture and overall acceptance* using the preferences: *strongly dislike, dislike, neutral, like and strongly like*. There was generally a favorable opinion of the patties indicated by *like* being the most common preference chosen for each characteristic. Participants were also asked with what frequency they would consume the patties. Given the options: *never, sometimes, often and very often*, 66% indicated a preference to *sometimes* eat the patty. Additionally, 72% of participants commented on the cold serving temperature of the patty. There was a general preference for a “warmer” or “heated” patty.

Nutrition Label (one patty serving):

Nutrition Facts	
Serving Size (167g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 39g	13%
Dietary Fiber 8g	30%
Sugars 8g	
Protein 8g	