

FSHN 381
NEW Recipe Form

Project: Fruit and Vegetable Patty Experiment Date: 12/01/10

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Recipe Name: Red Lentil Fruit and Vegetable Patty

Serving Size (g): 217g Number of Servings: 8

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

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
Lentils, red cooked	792	4 cups
Tomato, whole peeled canned	384	3 cups
Celery	120	1 cup
Carrots	110	1 cup
Apple, Fuji, whole peeled fresh	110	1 cup
Chickpea flour	46	1/2 cup
Corn starch	64	1/2 cup
Onion powder	16.8	2 Tbsp + 2 tsp
Garlic Powder	22.4	2 Tbsp + 2 tsp
Salt, table	6	1 tsp
Black pepper, ground	2.1	1 tsp
Canola oil	18.6	4 tsp
Paprika	13.8	2 Tbsp
Cayenne Pepper	0.2	1/8 tsp

Procedure:

- Rinse lentils and remove any rocks or misshapen lentils.
- Bring 6 quarts of cold tap water to a boil in a large pot; use 2 quarts of water per pound of lentils.
- Add lentils to boiling water. Reduce heat to medium-low, cover, and simmer 8 minutes or until soft and tender, but still holds its shape.
- Drain the cooked lentils thoroughly in a wire mesh strainer or colander and set aside to cool.
- Peel and grate carrots into ¼-inch pieces.
- Peel and core the apples. Dice into ¼-inch cubes.
- Seed the tomatoes and dice into ¼-inch cubes.
- Dice the celery into ¼-inch cubes.
- Cook tomatoes and celery together in a medium saucepan on low heat until the celery softens and the tomatoes reduce in volume by about half. The celery should be barely crunchy, but still green and the tomatoes should lose most of its moisture and darken in color.
- Combine the chickpea flour, cornstarch, onion powder, garlic powder, salt, black pepper, paprika, and cayenne pepper together with the vegetables and mix thoroughly.
- Carefully mix in the lentils to the vegetable mixture and form into round patties (approximately 2 inches in diameter).
- Using a clean cloth or paper towel, wipe frying pan with oil for each side of the patty; less than a teaspoon of oil per side.
- Pan fry on low heat on each side until lightly brown (about 2 minutes).
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Sensory Evaluation Results:

The results of the red split lentil fruit and vegetable patty sensory evaluation indicated an overall acceptance of the patty. Moistness, cohesiveness, and flavor earned the attributes that received the highest scores, while aroma and appearance received the lowest scores. Out of 19 panelists, 85% of all the panelists scored each sensory attribute as a 3 out of 5 or higher. 89.4% of the panelists scored the overall acceptability of the patty as 3 out of 5 or higher. And 73.7% of the panelists would choose to eat the patty at least “Sometimes” if not more.

Nutrition Facts

Serving Size (217g) 2 patties

Servings Per Container 1

Amount Per Serving

Calories 260 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0g **0%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 430mg **18%**

Total Carbohydrate 41g **14%**

Dietary Fiber 12g **47%**

Sugars 7g

Protein 12g

Vitamin A 50% • Vitamin C 15%

Calcium 8% • Iron 30%