

Functionality of Peanut Ingredients in Production of Peanut Pancake Instant Mix

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Pancakes are popular breakfast food items in various parts of the world with different regional names. Partially defatted peanut flours are concentrated in protein fraction with high lysine levels and retain the characteristic peanut flavor in the residual fat (12 – 28%). The protein quality of peanut flour is better than most cereal grains. The overall objective of this study was to develop a “Peanut Pancake Instant Mix” by replacing certain percentage of all purpose wheat flour with partially defatted peanut flour.

A general recipe for pancakes preparation was chosen as the starting point to prepare peanut pancake containing 0, 10, 20, 30% levels of “12% fat light roasted” peanut flour with 0% as the control sample. After several attempts to find right composition at 20%, 30% levels with 6.8% baking powder, good quality pancakes were made. In the second stage of formulation, pancakes were prepared from all dried ingredients using “12% fat medium roasted” peanut flour. Good combinations in terms of taste, color, texture, appearance were found at 20, 30, and 40% levels with 2.5% baking powder and 1% baking soda with appropriate composition of other ingredients like sugar, salt, egg powder, non-fat dry milk, oil and water.

Physical-chemical properties of peanut pancakes made from both 12% and 28% fat peanut flour at 20%, 30%, 40% and 50% substitution of wheat flour were determined. Pancake made with 100% wheat flour was used as the control. Peanut pancake contain 30% low fat peanut flour (12% fat) and 40% regular fat peanut flour (28% fat) had similar bulk density as the control. Pastes made from 12% fat peanut flour all had higher viscosity than the control while pastes made from 28% fat peanut flour all had lower viscosity than the control. Moisture content of pancake increased with increasing peanut flour. However, there were only about 2% different the most than the control. Protein and fat contents increased with increasing peanut flour. Pancakes made from 12% fat peanut flour shown higher protein and lower fat values than pancakes made from 28% fat peanut flour. Ash content also increased with increasing peanut flour. However, there was no different on ash content between pancake made from either 12% or 28% fat peanut flour. All peanut pancakes had significant higher protein content than the control. Peanut pancake made from 12% fat peanut flour at 50% substitution had 174% more protein than the control. Textural analysis is currently on going.