Physico-chemical Properties of Peanut Pancakes Made from an Instant Mix.

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Pancakes are very popular breakfast food items in several countries with different regional names. Majority of the commercial pancake formulations include all purpose flour as a major ingredient. Pancakes made with partially defatted peanut flour as a major ingredient will provide enormous nutritional benefits for consumers. The objective of this study was to develop a peanut pancake instant mix with light roasted partially defatted peanut flour (12% fat). Peanut pancake mix was prepared at 20, 30, 40 and 50% replacement of wheat flour along with other ingredients. Pancakes were made by mixing measured amount of instant mix with water and peanut oil with a wire whisk for about 2 min then 40 ml batter was poured on a griddle preheated to 190°C and cooked for 1.5 min on each side. Pancake made with 100% wheat flour was used as the control. Viscosity of the batter was determined at 20, 50 and 100 rpm using a brookfield viscometer and the values increased with increase in peanut flour concentration when compared with control. Color was determined using a Hunter colorimeter and expressed as color difference (∆E) and the values were lower than control and shown variable trend among the samples. Textural properties were determined using an Instron Universal Testing Machine and the results indicated hardness, cohesiveness and chewiness values decreased with increasing peanut flour where as springiness values increased. Bulk density of the prepared pancakes was measured by using glass beads and the values showed variable trend among the samples when compared with the control. Moisture, fat, ash and protein content were determined using a vacuum oven, gold fisch fat extractor, muffle furnace and a LECO nitrogen analyzer, respectively. Peanut pancake had higher protein content and increased with increasing peanut flour. The developed peanut pancake instant mix has shown promise as a functional breakfast food item to replace regular wheat pancake mix.