

## Making Dessert Nachos

### Standard Laboratory Operating Procedure #789

#### Making Dessert Nachos

**Laboratory:** Science and Technology of Foods

**Location:** Food Science Lab

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**Purpose:** To examine sensory characteristics based on the chemical composition of foods.

**Safety:** Hot Gloves, goggles

**Materials:**

- Wheat flour
- Soy flour
- Corn flour
- Gluten-free flour (rice flour, potato starch, pea fiber, tapioca starch)
- Plain soy milk
- Water
- Soybean (vegetable) oil
- Plenish™ oil
- Deep fryer
- Cinnamon
- Sugar

**Procedure:**

1. Preheat the fryer to 170°C (340°F).
2. Measure out 280 g of flour and sift into a large bowl.
  - a. You may use wheat, soy, corn, or gluten-free flours
3. Measure 3 g of salt and add to the large bowl.
4. Measure 3.5 g of baking powder and sift into large bowl.
5. Pour 60 mL of soybean oil into the mixture and combine all ingredients.
6. Add 120-180 mL of warm water or milk until dough formation.
7. Allow dough to sit for 20 minutes.
8. Cut the dough into 8 equal pieces and form into dough balls.
9. Press the dough balls on the tortilla press.
10. Place raw tortilla into the fryer until golden brown.

**Sensory Analysis:**

Flour type/Recipe	Flavor	Appearance	Smell	Sound
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