BAKED WHOLE WHEAT PASTRY STUFFED WITH TILAPIA FILLETS

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The hectic life nowadays has driven people to have meals out, however, is not always possible to find healthy food choices. Focusing on this reality, there is a need to introduce rich-in-fiber healthy products that please the consumer’s palate. The recommended daily allowance of fiber is 30g, and that amount provides several health benefits: helps bowel movement, increases satiety sensation, reduces cholesterol in the blood, and prevents diseases. This project aimed to develop a baked pastry made with whole wheat flour from a mill in the western region of Paraná State, stuffed with tilapia fillets from a fish processing plant in the same region. We chose the tilapia fillets for the stuffing, because it has excellent nutritional value, protein-rich source of vitamins, minerals and fatty acids like Omega3. From the product produced there, there was a sensory evaluation with 60 people, chosen randomly, who answered questions about the amount of salt, flavor, crispness and acceptance of purchase. The results were tabulated, being the amount of salt: weak (15%) ideal (83.33%), strong (1.67%); taste: I really liked (46.67%), liked (51.67%) I did not like (1.66%); crispness: very crunchy (3.33%), crunchy (21.67%), ideal (65%), slightly crunchy (10%); acceptance of purchase: I would buy (93 33%), I do not know if I'd buy it (6.67%). The results presented can be concluded that the pastry made from whole wheat flour and filled with fish fillet is well accepted and can be an option ready meal for the consumer.