

## **ABSTRACT**

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Adviser: Dr. Mariel R. Estrella

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The main objective of this study was to prepare Leche Flan made from ube and to determine its acceptability. It answered the specific problems: 1. What is the level of acceptability of the Lechube flan in terms of appearance, aroma and palatability in terms of taste and texture, 2. What is the process used in the preparation of Lechube Flan? and, 3. What are the perceived nutritive values of the Lechube Flan?

This study used the Descriptive-evaluative method to evaluate what is the worthiness of the food product. This was done through sensory evaluation conducted among the 30 respondents.

Findings of the study shows that the highly acceptable trial was Trial 3, having an average weighted mean of 3.36; followed by the Trial 1 with 3.25; and last was Trial 2 with 3.05. Having a high amount of ube made the product more delicious and nutritious.

The process involved in the preparation of Lechube Flan was boiling of ube, peeling, measuring of ingredients, mixing, caramelizing and steaming.

With regards to the nutritive value of the Lechube Flan, those nutrients perceived by the respondents are the real nutrient content of Lechube Flan. This was even found to be more nutritious than ordinary Leche Flan because sugar was lessened, ube was added for flavouring, and duck eggs were used.

The researchers recommend further studies on the shelf life and the exact nutrient content per serving of the Lechube Flan. Different twists and other flavours may also be made out of indigenous ingredients.