

Composition of Bamboo (*Phyllostachys edulis*) Shoot Empanada

Technical Field of the Utility Model

5 The utility model relates generally to food products pastry but more particularly to a composition of bamboo (*Phyllostachys edulis*) shoot empanada.

10 Background of the Utility Model

 Empanada is a versatile dish that most Filipinos liked to eat for snacks. Filipino empanadas usually contain ground beef, pork or chicken, potatoes, chopped onion, and raisins.

 In the Philippines there are different version of empanada, it may differ
15 from it shape, taste, or even color. Empanada in the Philippines may also change based on the different region and their cooking techniques.

 Disclosed in PH22021050258U1 issued to Espiritu Jocelyn A [PH]; Uy Eleonora V [PH]; Gatdula Michelle M [PH] where in the pastry recipe includes rabbit meat with garlic and onion; mixing the sautéed ingredients with green
20 peas, raisins, small cubes of potato and carrots; and seasoning the mixture with salt, pepper and Worcestershire sauce. It was observed that the production of the pastry may not be sustain since the supply of rabbit meat in the country is limited and this type of meat is much more expensive than other meat.

25 Disclosed in ES2147514A1 issued to Carbonell Matas Joan where in the pastry recipe includes Flour, olive oil, pork fat headed to liquid state, and water are mixed and kneaded together to produce firm dough. First filling (A) consists of pieces of pork or lamb marinated with salt, olive oil, black pepper and paprika (red pepper), and second filling (B) is made of chopped onion and
30 peas, dressed with salt, olive oil and paprika. The pie is filled with 71% of A, 22% of B and 7% of Majorcan sausage, sealed, stored in freezer at (-18) [deg]C, and baked, directly before consumption, in oven at 240[deg]C, for 60

minutes. However, the said formulation is observed that there is a large amount of meat in the product.

Bamboo (*Phyllostachys edulis*) shoot is an edible shoots of bamboo (*Phyllostachys edulis*) plants that can be cooked in many varieties of dishes.

5 Usually boiled, soaked, cooked, or pickled. “Dinengdeng”, “lumpia”, “ginataan”, “adobo”, “atsara” and many more commonly cooked recipes can have bamboo (*Phyllostachys edulis*) shoots as the main ingredients.

The object of the present utility model is to provide a bamboo (*Phyllostachys edulis*) shoot empanada where the bamboo (*Phyllostachys edulis*) shoots is the main ingredients or fillings.

10 Another object of the present utility model is to lessen the meat content that can give a negative impact to our health.

Other objects of the present utility model are to help parents to feed their children healthy dishes and to provide entrepreneurs with new business ideas using bamboo (*Phyllostachys edulis*) shoot.

Summary of the Utility Model

The utility model provides a technical solution to the limitations of prior art by replacing most of the meat content with bamboo (*Phyllostachys edulis*) shoots while maintaining desirable flavor and texture. This formulation offers reduced meat content for healthier consumption, utilizes bamboo (*Phyllostachys edulis*) shoots that are sustainable and widely available, promotes dietary fiber and essential nutrients, and creates a unique and marketable product suitable for food entrepreneurs.

Detailed Description

The bamboo (*Phyllostachys edulis*) shoot empanada is produced with the following ingredients:

	<u>components</u>	<u>amount</u>
5	All-purpose flour	450 grams
	brown sugar	16 grams
	water	100 grams
	salt	5 grams
	margarine	113 grams
10	minced garlic	10 grams
	minced onion	10 grams
	pork meat	128 grams
	bamboo (<i>Phyllostachys edulis</i>) shoot	450 grams
	carrots	75 grams

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The composition is needed for the following steps in producing a bamboo (*Phyllostachys edulis*) shoot empanada:

- a. prepare the ingredients: 450 grams all-purposed flour, 16 grams brown sugar, 100 grams water, 5 grams salt, 113 grams margarine, 20 10 grams minced garlic, 10 grams minced onion, 128 grams pork meat, 450 grams bamboo (*Phyllostachys edulis*) shoot, and 75 grams carrots;
- b. mix the all-purpose flour, brown sugar, water, salt, and margarine until dough is formed;
- 25 c. chill the dough for 1 hour;
- d. dust a table with flour;
- e. flatten the dough using a rolling pin on the dusted table;
- f. cut the flatted dough using pie cutter forming circular dough portiond and set them aside;
- 30 g. sauté the minced garlic and onion in a heated oiled pan forming a sautéed mixture;
- h. add the pork meat, bamboo (*Phyllostachys edulis*) shoot and

carrots to the sautéed mixture forming a bamboo (*Phyllostachys edulis*) shoot filling mixture;

- i. scoop the bamboo (*Phyllostachys edulis*) shoot filling mixture placing at the center of each circular dough portion;
- j. fold the dough;
- k. chill the filled dough for 30 minutes;
- l. fry the chilled dough until golden brown producing empanada; and
- m. drain excess oil from the fried empanadas by placing on paper towels.

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