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PRODUCTION AND EVALUATION OF POWDERED CELERY
(*Apium graveolens*) AS FLAVOR ENHANCER
IN SELECTED FILIPINO DISHES

RESEARCH STUDY

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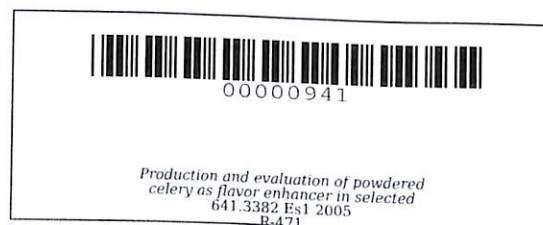
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PRODUCTION AND EVALUATION OF POWDERED CELERY (*Apium graveolens*) AS FLAVOR ENHANCER IN SELECTED FILIPINO DISHES

**A Research Study
Submitted to the Faculty of Science High School,
College of Education
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**In partial fulfillment
of the requirements for graduation**

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ABSTRACT

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Adviser: Mrs. Mary Jane Dones-Tepora

The study entitled “Production and Evaluation of Powdered Celery as Flavor Enhancer in Selected Filipino Dishes” was conducted at Home Economics Vocational and Technical Education Department, Laboratory Room at Cavite State University at the residence of one of the researchers at Mahabang Kahoy Cerca, Indang, Cavite from October to December 2004.

It aimed to produce powdered celery; to determine the percent yield; to determine the production cost; to determine the shelf life; and to determine the acceptability of the powdered celery as utilized in selected Filipino dishes.

Fresh celery was made into powder and utilized in selected Filipino dishes. There were four dishes used: Pork Adobo, Arrozcaldo, Potato Salad, and Iced Celery Tea. Each dish was evaluated in terms of different quality factors and general acceptability of powdered celery to know the differences among the quality factors in each dish.

Based on the results of the sensory evaluation, there were no significant differences among the quality factors in each dish and the general acceptability of the product.

In general, the results revealed that powdered celery could enhance the flavor of Filipino dishes.

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INTRODUCTION

Herbs and spices, the products of certain aromatic plants, have been prized since antiquity as flavoring, perfuming, and preserving agents, and for their curative properties. Although the distinctions are not always clear-cut, spices are, in general, the products of tropical and subtropical trees, shrubs, or vines and are characterized by highly pungent odors of flavors. Herbs are the fragrant leaves of certain herbaceous plants of the temperate regions. In regions where they were indigenous, herbs and spices were valued as medicinal for making oils and perfumes, and for flavoring and preserving food and drink (Lexicon Universal Encyclopedia, 1994).

The use of herbs and spices in cooking offers the chance to prepare exotic, gourmet dishes, or cultural meals and a way to cut or save calories and fat in cooking. Using herbs and spices can moderate dietary levels of fat, sugar and sodium. Herbs and spices contain fewer calories than in breadings, butters, gravies, sauces and fried foods. Cost savings are realized by reducing the number of ingredients in preparation and/ or by