

STUDIES ON BAKING BROAD BEAN SEEDS (VICIL PABA LINN)
IN FLAT TINS

By

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(B.Sc. Agric., University of Ain-Shams, 1963)

Thesis

Submitted In Partial Fulfilment Of
The Requirement For The Degree

Of

MASTER OF SCIENCE

In

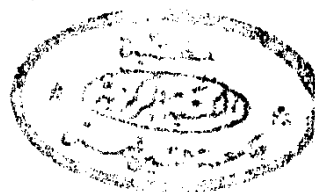
The Graduate Division Of The
Food Science and Technology

Faculty of Agriculture
Ain Shams University

1974



6473



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Date / 10/1974



ACKNOWLEDGEMENT

The author wishes to express his deep thanks and gratitude to Dr. Y.H. Foda, Prof. of the Food Science and Technology Department, Fac. of Agric., Ain Shams Univ. for suggesting the problem, guidance and supervision during this research.

The author extend his thanks and gratitude for Dr. M. El Garbawy Assistant Proffesser in the same Dept. for his interest and encouragement.

My thanks are also extend to Dr. M. Amine, in the same department for his guidance, and continuous encouragement during the course of this study.

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INTRODUCTION

In Egypt, stewed broad beans (baked broad bean, known as Foul Medamis) are commonly popularly consumed for breakfast.

The broad bean seeds (*Vicia Faba*) also called Horse bean, and Windsor bean.

It is an annual herb with field and garden varieties, cultivated from ancient times in the Medeterranean region.

Broad beans provide nearly two thirds of the total legumes consumed in A.R.E. as mentioned in the reports of the F.O.A. in 1964.

The average annual production of broad bean (*Vicia faba*, Linn) in Egypt is approximately fifty thousand Tons.

The usual methods for hecking the broad bean are carried either in pottery or copper as well as aluminum vessels. The seeds are usually mixed with three times

of their weight of water and backing on a very low heat for approximately twelve hours, through which its weight approximately increase three times.

Canned baked beans are also one of the items which produced in great amounts for local consumption and for exportation to certain foreign countries.

The average annual production of canned vegetables and fruits in Egypt is about 6814 tons in 1971, and their price being 974.000 L.E. as reported in the annual book of federal industries of A.R.E.

The same report proved that Egyptian canned foods especially mango juice and baked beans were highly recommended and desired by different foreign markets which make the demand for these two items in continuous increased. Soy protein has continued to receive the great attention in North America, wheat gluten, soy and gluten combinations are exploited in Japan while backed beans (foul meddameess) is widely spread in the middle East countries and particularly in Egypt. The prospects of meeting the demand for protein are however less bright unless concerted action is initiated. The economics of the plant-animal - man food chain is for many developing countries

quite unfavorable and reliance must be placed on the direct chain from plant to man.

Dried seeds of legumes will have to play an important role in meeting the protein needs. Fortunately dry legumes have been popular in the diets of the people of these countries. Legumes add substantial contribution to energy needs, they contain 2 - 3 times as much protein as do the cereals and perhaps most importantly the amino acids profile, complements that of cereals proteins, where a diet containing proteins from the two sources can satisfy man's requirements for the essential amino acids. Therefore a detailed study on the backed beans had been conducted.