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Technical Sheets of Regional Preparations as an instrument for the preservation of cultural identity

Fichas Técnicas de Preparações Regionais como instrumento para preservação da identidade cultural

Abstract

Introduction: The preservation of traditional foods makes available, to the market, foods with a symbolic character, representatives of the food heritage, and with specific qualities. Thus, the standardization of the production process through the Technical Data Sheet for Preparation represents a viable alternative to preserve the regional characteristics of the products. ***Objective***: This study aimed to prepare Technical Data Sheets for the Preparation of regional products as an instrument to promote quality and preserve local practices and knowledge of preparations made by a cooperative in the Baixo Sul region, Bahia. ***Method***: Initially, an on-site visit was carried out to characterize the food production sites and the groups of farmers participating in the cooperative; later, a form was applied to establish the selection criteria for the preparations. Then, five products were chosen to be standardized; soon after, the production was monitored, followed by the preparation of Technical Data Sheets. ***Results***: Technical Sheets for the Preparation of genipap candy, peanut beiju, sugar-free banana biscuit, gum biscuit, and cocoa jelly were prepared. The production is 100% artisanal and has significant cultural value, as they are made from raw materials present in the territory, following tradition, whose culinary practices have been shared among family members for generations. ***Conclusion***: The preparation of Technical Data Sheets made it possible to standardize regional preparations, contributing to quality, as well as the reduction of wasting of raw materials, using available resources in the region, reducing costs, local development, and preservation of cultural identity preparations made by the cooperative.

Keywords: Culture. Food traditions. Food production. Food quality. Regional development.

Resumo

Introdução: A preservação de alimentos tradicionais disponibiliza, para o mercado, alimentos com caráter simbólico, representantes do patrimônio alimentar e com qualidades específicas. Sendo assim, a padronização do processo produtivo através da Ficha Técnica de Preparo representa uma alternativa viável para preservar as características regionais dos produtos. ***Objetivo:*** Este estudo objetivou elaborar Fichas Técnicas de Preparo de produtos regionais como um instrumento de promoção de qualidade e de preservação de práticas e saberes locais de preparações elaboradas por uma cooperativa na região do Baixo Sul, Bahia. ***Método:*** Inicialmente, realizou-se visita *in loco* visando caracterizar os locais de produção dos alimentos e os grupos de agricultoras participantes da cooperativa; posteriormente,

aplicou-se formulário para estabelecer os critérios de seleção das preparações. Em seguida, foram escolhidos cinco produtos para serem padronizados; logo após realizou-se o acompanhamento da produção, seguido da elaboração das Fichas Técnicas de Preparo. ***Resultados:*** Elaboraram-se Fichas Técnicas de Preparo da bala de jenipapo, beiju de amendoim, biscoito de banana sem açúcar, biscoito de goma e geleia de cacau. A produção é 100% artesanal e possui grande valor cultural, pois são elaborados a partir de matérias-primas presentes no território seguindo a tradição, cujas práticas culinárias são compartilhadas entre os familiares por gerações. ***Conclusão:*** A elaboração das Fichas Técnicas de Preparo possibilitou padronizar as preparações regionais, contribuindo para a qualidade, bem como para a diminuição do desperdício de matéria-prima, aproveitamento dos recursos disponíveis na região, redução de custos, desenvolvimento local e preservação da identidade cultural das preparações elaboradas pela cooperativa.

Palavras-chave: Tradições alimentares. Cultura. Produção de alimentos. Qualidade dos alimentos. Desenvolvimento regional.

INTRODUCTION

Food is considered the most basic of human needs; in addition to a biological need, it is a symbolic complex, represented by the way in the food preparation, by the assembly of dishes, and by the rituals of meals, contributing to the man identifying himself with food symbolically and having social, cultural, political and religious meanings,[1] which maintain relationships in each society with myths, with social structures revealing their culture.[2] For Lima, Neto & Farias,[3] food is a cultural and social activity involving the processes choice, rituals, symbolic acts, social organization, and sharing of experiences and values, which organize the various worldviews in time and space.

In Brazil, food culture originated from the influence of several people, such as Portuguese, African and native,[4] who contributed to the cultural diversity of Brazilian regions.[5] These influences shaped the development of local food crops, according to climate, soil type, and natural resources,[6] leading to the development of cultural miscegenation and new gastronomy – the Brazilian gastronomy –which was reinvented in the different regions of the country and is marked by-products that characterize the biodiversity of each region.[7]

The similarities and differences that make up the Brazilian gastronomy, rich in tradition, formed by a mixture of food from the Coast (Africa), the Kingdom (Europe), and the Earth,[8] led to the emergence of regional preparations, which establish the culture of a group of people, connecting them to their origin.[6]

For Gomes,[9] Brazilian gastronomy constitutes a cultural heritage because it has practices, representations, expressions, knowledge, being composed of foods from the region in which it is prepared, presenting specific and varied culinary techniques for preparation, different ways of making meals and rituals at the time of eating. Thus, regional preparations determine the cultural identity[a10] [1]to a group of people, bringing opportunities for local development, social inclusion through the generation of employment and income, and the exercise of citizenship.[7]

It is currently observed that the globalization process has weakened the culinary skills and traditional systems of food preparation, making food more industrialized, and that modern man is increasingly unaware of what is eating.[11] The globalization and food homogenization have contributed to the loss of the historical-cultural characteristics of regional food, leading to the disappearance of traditional knowledge related to the preparation of preparations.[12] On the other hand, there is a growing interest in rescuing and valuing local and territorialized food systems, a portrait of cultural and ethnic plurality, with gastronomic knowledge and activities, which, through the relationship with the individual and the territory in which they live, reveals principles related to the history and culture of people.[13] Thus, the preservation of the cultural reference is extremely important since it contributes to the dissemination of traditional habits to future generations, ensuring the conservation of the (social) food memory[b14] of communities.[12]

In this context, the Food and Agriculture Organization of the United Nations (FAO)[15] encourages, through educational campaigns, the valorization of regional foods and points out the importance of territorial food systems in this process. Thus, Family Agriculture (FA) is an essential mean in world food production, performing economic, social, cultural, environmental, and territorial functions. Therefore, preserving traditional foods, practices, and local food knowledge makes symbolic foods available on the market, representatives of food heritage, with specific qualities and, possibly, more nutritious and healthy.[16]

[a] Cultural Identity – a set of unique and unique characteristics of a socio-cultural group. It is also the relationship of equality or similarity of apparently distinct and even geographically distant realities[10].
[b] (Social) Food Memory – the first social learning and conveys guidelines, preferences, and sanctions about cultural cuisine and the edibility of food.[14]

Through FA, we can rescue culturally referenced dietary practices and values and stimulate the production and consumption of regional foods, prioritizing the preservation and food availability, and, consequently, contributing to ensuring Food and Nutritional Security (FNS).[17]

Although this segment contributes enormously to the development of the territory,[18] the family farmer finds it difficult to access the market, considering that access is the basis for economic support. However, family farmers have been gaining area through social organizations, such as associations and cooperatives, whose goal is to join forces to ensure the production flow,[18] and provide means for small farms to remain in the market and can become competitive.[19] Thus, it is necessary to seek strategies that allow the farmer to remain in the market, such as the standardization of production processes,[20] aiming at the processing of raw materials from FA, in order to guarantee the quality of products and offer processed products in an artisanal way, which express traditions and cultural practices of communities.

A viable alternative to preserve the characteristics of a product is the adoption of the Preparation of Technical Sheet (FTP), which can be defined as a "management instrument of operational support, through which the calculation of costs, the ordering of preparation and the calculation of the nutritional value of preparations are made".[20] It is used to standardize preparations in Food and Nutrition Units, and, through this, it is possible to ensure that the same product is supplied with the same quality and sensory characteristics, regardless of who has prepared it.[21]

According to Souza & Marsi,[22] the standardization of the production process through FTP provides numerous benefits to all involved, from assisting in planning the purchases of cooperative members, controlling costs, standardization of preparations (involving the amounts of raw material used in the preparation of the product, the final quality of this and the nutritional composition concerning macro and micronutrients), until promoting the improvement of the cooperative members and facilitate the training of the team.

Given the relevance of regional foods and traditional gastronomy for the maintenance of Brazilian food culture, this study proposed to elaborate the FTP of regional products as an instrument for promoting quality and preserving practices and local knowledge of preparations made by a cooperative in the Lower-South region of Bahia.

METHODS

This is an exploratory study carried out under the Project " Strengthening Productive Groups of Family Agriculture in the State of Bahia ", which aims to strengthen family agriculture through action research. It was carried out between August 2019 and July 2020, with groups of women from the FA belonging to a cooperative located in the Baixo Sul region, Valença, Bahia.

The study was carried out in four stages: systematic observation, production characterization, monitoring of the process, and FTP preparation.

The first stage consisted of an on-site visit, aiming to characterize the food production sites and farmers groups participating in the cooperative and, in parallel, to sensitize them about the research to be developed. The observations made at this stage were recorded in a field diary. The insertion in the research field allows monitoring the members' performance without interfering in the activities performed, enabling dialogue and appropriation of the local reality.[23]

In addition, at this stage, an adaptation of the validated form of *Slow Food*[24] was performed based on observations and dialogues in the field. This form contained questions regarding the type of raw material used, the food group to which the product prepared by the cooperative members belonged, the histories and traditions

related to the cultivation/production of the main raw material, gastronomic use, production volume, description of the production process/commercialization and relationship with local culture (Appendix 1).

APPENDIX 1
Survey form

PROJECT "STRENGTHENING PRODUCTIVE GROUPS OF FAMILY AGRICULTURE IN THE STATE OF BAHIA"
FORM 1 – ENTERPRISE DIAGNOSIS

Solidarity Enterprise					
Interviewee's name					
Production region:					
The product is on the market	( ) YES	( ) NO	The product has a brand name	( ) YES	( ) NO
Marketing method:	( ) NETWORK ( ) MARKET ( ) OTHERS: _____ ( ) PROGRAMS ( ) COMMERCIAL ESTABLISHMENTS				
How many producers are there in the group?			Type of production/general cultivation		
Other producers in the community with the same form of production/cultivation:					
Group of produced foods: ( ) Fruits ( ) Vegetables ( ) Fresh roots / flours ( ) Cereal grains / ( ) Leguminous grains ( ) Oil seeds ( ) Oils and fats ( ) Fish ( ) Meat ( ) Milk and dairy products ( ) Sweets and miscellaneous ( ) Bread, biscuits and biscuit "type Sequilhos"					
BATCH					
Gastronomic use:					
Stories and traditions linked to the product/cultivation production:					
Is it part of the community's historical memory? (parties, customs, sayings...)					
Is the product linked to an indigenous community or traditional people? ○YES ○NO					
Relationship with local culture:					
Linked traditional recipes:					
OBS:					

In the second stage, there was a return to the field for the application of the form to establish the selection criteria of the preparations to be elaborated the FTP. Based on the research objectives and the data collected, the

following selection criteria were established: regionalism, production volume, knowledge and practices related to product preparation, and greater consumer market acceptance. In the third stage, five products were selected according to the established criteria. In the production units, the raw materials of each preparation were measured in an electronic scale (BL3200H model of the Mars® brand, with a maximum capacity of 3,200g), and were recorded in the product monitoring form (Appendix 2). From the data collection, the culinary indicators - Correction Factor (CF) and Cooking Index (CI) - were calculated, indispensable elements in the elaboration of FTP. In addition, data such as preparation time, homemade measures, detailed preparation technique (prescription), the weight of the part of each preparation, yield, and photographic record of the processing and the final product were recorded.

APPENDIX 2

Product tracking form

Incuba ECONOMIA SOLIDÁRIA — UFRB Universidade Federal do Recôncavo da Bahia — MINISTÉRIO DA AGRICULTURA, PECUÁRIA E ABASTECIMENTO — PÁTRIA AMADA BRASIL GOVERNO FEDERAL

PROJECT "STRENGTHENING PRODUCTIVE GROUPS OF FAMILY AGRICULTURE IN THE STATE OF BAHIA"

FORM 2

Technical information and management

Product		
Basic raw material		
Production type of base raw material		
Filling		
Initial appearance: raw form		Obs:
Description of the main raw material transformation processes		

Technical Preparation Form						
Preparation nome:			Preparation time:			
Rendimento total:		Portion (triplicate)				
		First (1st)	Second (2nd)	Third (3rd)		Mean
Ingredients	Homemade measure	GW	NW	Ca (g)	Ptn (g)	Lip (g)
Modo de Preparo						

GW = gross weight; NW = net weight; Ca = carbohydrates; Ptn = protein; Lip = lipids

The last step comprised the preparation of the FTP, which was developed from the complete revenue executed by the cooperative members. The elaboration included calculation of culinary indicators, the centesimal composition of macro and micronutrients, energy density, total cost and length, description of the utensils and equipment used, and the preparation method. For the determination of nutritional composition, it was used the Brazilian Table of Food Composition (BTFC),[25] Table of Food Composition for nutritional support,[26] Brazilian Table of Food Composition (BTFC)[27] and Santos.[28]

In compliance with Resolution No. 466/2012,[29] this study was approved by the Research Ethics Committee of the Federal University of Recôncavo of Bahia (CAE: 09931612.6.0000.0056), and voluntary participation in the study was confirmed by the signing of the Free and Informed Consent Form (FICF).

RESULTS AND DISCUSSION

The cooperative comprises 15 productive groups, made up entirely of women, some of which are made up of people from the same family. Each group has a production place; however, only four groups (26.7%) have independent Production Units, and 11 groups (73.3%) use home kitchens for the preparation of their products.

Through FA women have been assuming a relevant role since the introduction of mechanization and technologies makes it possible to perform the work without the need to use brute force, giving opportunity for women's performance in agriculture.[30] Women are thus an essential part of the preservation of regional food. According to Ribeiro & Nascimento,[31] they are the "guardians of tradition" since they are responsible for the informal transmission of knowledge through their speeches their expressions.

The financial difficulty was the main motivation that led farmers to join the cooperative, considering that many worked in flour houses, and these were closed due to the implementation of an agro-industry in the region, which works with cassava processing.

Santos, Ferreira & Campos[32] reiterated that the association of people or groups with the same interests contributes to establishing a social, political, and economic space where farmers can create strategies to increase productive capacity and implement actions for competitive inclusion in the market.

According to Altman,[19] agricultural cooperatives are a relevant tool for strengthening FA, as they promote the proper use of land and natural resources, contribute to job creation, income distribution, and, consequently, poverty reduction, favoring the guarantee of FNS.

Thus, FA plays an essential role in ensuring the FNS of the Brazilian population through the diversity of food and the preservation of knowledge and practices of the food culture.[18]

This correlation is supported by the concept given to FNS as:

> The realization of the human right to a healthy, accessible, quality diet, in sufficient quantity and permanently, without compromising access to other essential needs, based on healthy eating practices, respecting cultural diversities, and being sustainable from the socioeconomic and agroecological point of view.[17]

The cooperative's production was started with the elaboration of coconut beiju because the cooperative members already worked with the main raw material used, cassava, which is part of the local culture and the population's eating habits. Cassava is portrayed in the documentary "The History of Food in

Brazil"[33] as "The Queen of Brazil", incorporated in Brazilian food from the influence of indigenous peoples, who used it in the forms of flour and beijus. Cassava flour was essential and accompanied all kinds of foods, from meat to fruit. The beiju was used as a drink, taken to be consumed in wars and hunting, used as a bargaining chip and offering to friends. Nowadays, cassava is still widely used by the Brazilian population, whether *in natura* form, such as flour, starch, gum, sagu, or as raw material for cooperatives and agroindustries.

Culinary innovations were emerging in the cooperative, such as the elaboration of beiju with different flavors (peanut, guava, and passion fruit). In addition to these, new products were developed for commercialization from regional foods grown in the region, such as gum biscuit, banana biscuit, sugar-free banana jelly, cocoa cocada, cocoa jelly, puba cake, genipap candy, among others. Currently, the cooperative develops and markets more than 40 products, which have a variety of local raw materials in their composition and represent the region's culture.

The main raw materials used for the preparation of the products are of plant origin and belong to the groups of roots, tubers, and fruits. The way of obtaining these ingredients is through the cultivation carried out by the farmers themselves or through the acquisition through local family farmers. Muller & Fialho[34] pointed out that, when produced in the community itself with local characteristics such as soil and climate, the ingredients used in the preparation of the products are fresher, of quality, and with specific sensory characteristics; in addition, they contribute to sustainability. Rodrigues, Fernando, and Silva[13] characterized local gastronomy as a symbol of acculturation, colonization, or evolution itself, which is based on the use of regional components produced in the territory.

The production volume of the cooperative varies according to the product prepared, with the demand and the group it produces, ranging from 3 to 50 kg per day. The products prepared by the cooperative members are 100% handmade; in addition, there was such a link with the tradition and history of farmers. Culinary knowledge and practices are shared socially among family members, being produced and recreated over the years.

Traditional preparations are loaded with affection and tradition, but food homogenization has compromised the transmission of knowledge and making of these preparations between generations. The maintenance of knowledge contributes to the formation of the identity of a people because traditional preparations are not only different recipes – they comprise ingredients, methods, preparations, forms of sociability, and systems of meaning, which represent the territory and life of those who produced them.[13]

According to Muller & Fialho,[34] the sum of several factors such as tradition, history, flavors, knowledge, and culinary practices is responsible for developing regional cultures. Corroborating these authors, Carvalho, Luz & Prado[35] stated that gastronomy is a historical-cultural creation that can study and understand society. Thus, traditional gastronomy is a set of knowledge and flavors that have been made or are present in the eating habits of a territory within a historical-cultural process of construction.

The commercialization of the products prepared by the cooperative takes place through local free fairs, in the establishment belonging to the cooperative, in addition to being provided for government programs, such as the National School Feeding Program (NSFP) and the Food Acquisition Program (FAP). It should be noted that these are also used for the proper consumption of households.

The free fairs are considered excellent tools for strengthening the local economy since farmers participate in the community's economic activities through the purchase and sale of their products. Thus, they contribute to the valorization of local traditions and cultural heritages of planting and harvesting and

their autonomy, the result of the income of their activity, through the commercialization of their products in the various market modalities.[36]

For Paula, Oliveira, and Silva[37] public policies such as FAP and NSFP are part of institutional markets, which are another way to add value to the family farmer's products since they allow the approximation between the production of FA and the consumer. In this perspective, these programs appear as a possibility to help cope with the problems related to food consumption and production, contributing to local development. The cooperatives allow the family farmer access to public policies for institutional purchase.[32]

Costa, Amorim Junior & Silva[38] stated that these public policies are extremely important because they contribute to the social organization of farmers due to the government requirement that producers be socially organized so that they can access them.

It was identified that none of the products prepared by the cooperative had FTP. The use of FTP is not mandatory, but the final sensory characteristics of the products produced without the aid of forms differ significantly compared to what is prepared with the aid of FTP.[39] Furthermore, there are reports of higher raw material expenditures when these forms are not used.

From the follow-up of the production process of the preparations, the Technical Data Sheets were elaborated, adapted from the Souza & Marsi[22] model for the following products: genipap candy, gum biscuit, cocoa jelly, sugar-free banana biscuit, and peanut beiju (tables 1, 2, 3, 4 and 5). It is highlighted the importance of the preparation of very precise and written FTP to ensure the quality of preparations[22] preserving the knowledge, practices, and traditions associated with the production of these foods ("from the farm to the consumer").

Table 1. Technical preparation form for the genipap candy production made by a cooperative in the Lower South region, Bahia. 2020

Technical Preparation Form											
Product: Genipap candy				Energy density: 4.2							
Preparation time: 2h30min				Marketed portion: 200 g							
TEV: 4175 kcal				Number of portions: 5							
Cooking index: 0.6				Total cost: R$ 3.82							
Total yield: 988.75 g				Cost per portion: R$ 0.77							
Ingredients	Gross Weight (g)	Net weight (g)	CF	Homemade Measure	Cost (R$)	Ca (g)	Ptn (g)	Lip (g)	Fibers (g)	Sodium (mg)	Kcal
Sugar	855.6	855.6	1	4 cups of tea *	2.52	854.7	0	0	0	8.6	3418,8
Genipap pulp	598.8	598.8	1	3 cups of tea	0.90	153.9	31.1	1.8	56.3	0	756.2
Water	210	210	1	1 cup*	0.41	0	0	0	0	6.3	0
TOTAL:	1.664,4	1.664,4			3.82	1.008,6	31.1	1.8	56.3	14.9	4175

* Volumetric capacity of the 200-ml cup of tea and cup (BRAZIL, 2003).

Preparation mode: 1. Sanitize the genipaps. 2. Then peel. 3. Liquidify with 210 ml of water. 4. Put the genipap pulp in a saucepan and bring it to the fire until reduced. 5. Add the sugar gradually until you get bullet consistency. 6. Remove from heat and cool at room temperature. 7. Roll and put in the sugar. 8. Remove from sugar

Utensils used: Square baking pan, round pan, polyethylene spoon, plastic packaging with 200g lid.	**Equipment used:** Blender, stove, and electronic scale.

TEV = total energy value; CF = correction factor; Ca = carbohydrates; Ptn = protein; Lip = lipids.

Table 2. Technical preparation form for the gum biscuit production made by a cooperative in the Lower South region, Bahia. 2020

Technical Preparation Form											
Product: Gum biscuit				Energy density: 5.1							
Preparation time: 2h15min				Marketed portion: 100 g							
TEV: 11618 kcal				Number of portions: 22							
Cooking index: 0.7				Total cost: R$ 26.03							
Total yield: 2.291.7 g				Cost per portion: R$ 1.18							
Ingredients	Gross Weight (g)	Net weight (g)	CF	Homemade Measure	Cost (R$)	Ca (g)	Ptn (g)	Lip (g)	Fibers (g)	Sodium (mg)	Kcal
Cassava starch	1786.5	1786.5	1	9 cups of tea*	7.40	1448.9	8.9	0.4	10.7	35.7	5834.8
Butter	493.9	493.9	1	2 cups of tea and ½	11.84	0.5	4.4	400.6	0	3689.5	3625
Sugar	402.5	402.5	1	2 cups of tea full	1.46	402.1	0	0	0	4.0	1608.4
Eggs	182.7	159.6	1.14	3 units	1.44	2.0	19.9	16.0	0	201.1	231.6
Coconut milk	178.1	178.1	1	Approx.1 cup of tea shallow	3.55	3.9	1.8	32.8	0	78.9	318
Water	175.5	175.5	1	1/2 teaspoon**	0.34	0	0	0	0	5.3	0
Salt	0.9	0.9	1	1 cup of tea shallow	0.001	0	0	0	0	348.8	0
TOTAL:	3220.2	3197.1			26.03	1857.3	35.1	449.6	10.7	4363.3	11618

*Volumetric capacity of a 200-ml cup of tea (BRAZIL, 2003).
** Volumetric capacity of 5 g teaspoon (BRAZIL, 2003).

Preparation mode: 1. Beat eggs, sugar, salt, and butter with the aid of an electric mixer until the dough is homogeneous. 2. Add the coconut milk and mix initially with a spoon and then with the help of an electric mixer. 3. In a container, sift the gum and then mix the dough with your hands. 4. Make the molds. 5. Place in a preheated oven to bake for 1 hour and 15 minutes.

Utensils used: Round plastic container, polyethylene spoon, rectangular baking dish, sieve.	**Equipment used:** Blender, stove, and electronic scale.

TEV = total energy value; CF = correction factor; Ca = carbohydrates; Ptn = protein; Lip = lipids.

Table 3. Technical preparation form for the cocoa jelly production made by a cooperative in the Lower South region, Bahia. 2020

Technical Preparation Form		
Product: Cocoa jelly	Energy density: 4.8	
Preparation time: 35min	Marketed portion: 100 g	
TEV: 5947 kcal	Number of portions: 24	
Cooking index: 0.4	Total cost: R$ 30.94	
Total yield: 1227.8 g	Cost per portion: R$ 1.29	

Ingredients	Gross Weight (g)	Net weight (g)	CF	Homemade Measure	Cost (R$)	Ca (g)	Ptn (g)	Lip (g)	Fibers (g)	Sodium (mg)	Kcal
Cocoa "honey"	2153	2153	1	10 cups of tea* and ½	27.99	429.1	5.4	23.7	5	0	1951.3
Sugar	1000	1000	1	5 cups of tea	2.95	999	0	0	0	10	3996
TOTAL:	3153	3153			30.94	1428.1	5.4	23.7	5	10	5947

Preparation mode: * Volumetric capacity of the 200-ml cup of tea (BRAZIL, 2003).
1. Place the "cocoa honey in a pan. 2. Add sugar. 3. Bring it to the fire for about 30 minutes, constantly stirring until it reaches the jelly point.

Utensils used: Stainless steel pan, polyethylene spoon.	**Equipment used:** Industrial stove and scale.

TEV = total energy value; CF = correction factor; Ca=carbohydrates; Ptn = protein; Lip = lipids.

Table 4. Technical preparation form for the sugar-free banana biscuit production made by a cooperative in the Lower South region, Bahia. 2020

Technical Preparation Form											
Product: Sugar-free banana biscuit				Energy density: 6.1							
Preparation time: 2h20min				Marketed portion: 100 g							
TEV: 5.756 kcal				Number of portions: 9							
Cooking index: 0.5				Total cost: R$ 13.42							
Total yield: 948.8g				Cost per portion: R$ 1.49							
Ingredients	Gross Weight (g)	Net weight (g)	CF	Homemade Measure	Cost (R$)	Ca (g)	Ptn (g)	Lip (g)	Fibers (g)	Sodium (mg)	Kcal
Silver banana	1110.8	756.2	1.5	10 medium units	2.44	196.6	9.8	0.8	15.1	0	832.8
Wheat flour (without yeast)	501.9	501.9	1	2 cups of tea* and ½	1.62	323.7	78.3	21.4	210.3	10	1800.6
Butter	252.2	252.2	1	25 soup spoons and ½**	6.05	0.2	2.3	204.5	0.0	1883.9	1850.5
Fresh grated coconut	251.9	251.9	1	1 cup of tea full	1.75	32.4	8.4	84.4	23.7	50.4	922.8
Coconut milk	165.7	165.7	1	1 cup of tea shallow	3.30	3.6	1.7	30.5	0	73.4	295.7
Chemical yeast	30.9	30.9	1	3 soup spoons**	0.70	11.7	1.6	0	0	3641.5	53.2
Salt	1.5	1.5	1	1/4 teaspoon***	0.002	0	0	0 0	0	581.4	0
TOTAL:	2314.9	1960.3			8.37	568.2	102.1	341.5 249.1	249.1	6240.6	5756

* Volumetric capacity of a 200-ml cup of tea (BRAZIL, 2003).
** Tablespoon = 10 g
*** Teaspoon = 5g

Preparation mode: 1. Peel the bananas and mash them until smooth. 2. Place in an electric mixer with the fresh grated coconut and butter and beat for 8 minutes. 3. Add coconut milk and yeast and beat for another 2 minutes. 4. Add wheat flour and stir. 5. Place in a plastic tube and make donut-shaped molds. 6. Place in preheated oven for 1 hour and 20 minutes.

Utensils used: Round plastic container, polyethylene spoon, knife, fork, and plastic tube.	**Equipment used:** Mixer, industrial oven, and electronic scale.

TEV = total energy value; CF = correction factor; Ca = carbohydrates; Ptn = protein; Lip = lipids.

Table 5. Technical preparation form for the peanut beiju production made by a cooperative in the Lower South region, Bahia. 2020

Technical Preparation Form											
Product: Peanut beiju				Energy density: 5.5							
Preparation time: 1h20min				Marketed portion: 220 g							
TEV: 7256 Kcal				Number of portions: 6							
Cooking index: 0.6				Total cost: R$ 9.37							
Total yield: 1319.1 g				Cost per portion: R$ 1.56							
Ingredients	Gross Weight (g)	Net weight (g)	CF	Homemade Measure	Cost (R$)	Ca (g)	Ptn (g)	Lip (g)	Fibers (g)	Sodium (mg)	Kcal
Cassava starch	1000	1000	1	5 cups of tea	4.14	887	1.9	0.1	7	10	3556.5
Sugar	398	398	1	2 cups of tea	1.18	392.6	0.0	0.0	0.0	3.9	1570.4
Peanut	293.4	277.3	1.1	1 cup of tea and ½	2.20	57.4	70.4	128.4	17.2	0	1666.8
Fresh grated coconut	123.1	123.1	1	1 cup of tea shallow	0.86	18.7	4.11	41.23	11.6	24.6	462.3
Salt	3.3	3.3	1	1 coffee spoon** and ½	0.004	0	0	0	0	1271.3	0.0
Water	500	500	1	2 cups of tea and ½	0.99	0	0	0	0	15	0.0
TOTAL:	2317.8	2301.7			9.37	1355.7	76.4	169.7	35.8	1324.8	7256

* Volumetric capacity of a 200-ml tea cup (BRAZIL, 2003).

** Volumetric capacity of 2 g coffee spoon

Preparation mode: 1. Crush the roasted peanuts, sift and reserve. 2. Sift the starch into a bowl, add the peanuts, water, and mix. 3. Sift a quantity of the mixture onto the hot plate. 4. Add coconut and sugar and let it bake. 5. Cut into pieces using a spatula. 6. Bake for 20 minutes to get crispy.

Utensils used: Round plastic container, strainer, stainless steel spatula, square baking pan.	**Equipment used:** Blender, plate, industrial oven, and scale.

TEV = total energy value; CF = correction factor; Ca = carbohydrates; Ptn = protein; Lip = lipids.

The raw materials/ingredients that made up the preparations appear described in kg and homemade measures in descending order, i.e., from what is used in greater quantity for what is used in a smaller quantity, as it facilitates the preparation of nutritional labeling. The broken description of all raw materials contributes to the control of the stock and the calculation of the centesimal composition.[20]

The National Agency of Sanitary Surveillance (ANVISA)[40] defines "homemade measure" as a tool used to measure food to define these measurements and corresponding parts in grams or milliliters. To facilitate the preparation of the recipe, the presentation of the weight and the homemade measurement of each ingredient are indispensable because they allow understanding, besides allowing the portion of the raw material without the need to weigh it at all times.[41] Furthermore, the presentation of the values in-home measures allows the use of FTP by members who do not have an electronic scale or in cases of defects in weighing equipment.

The FTP contains the gross weight of the food (GW), which corresponds to the weight of the raw material of the way it is acquired, with shells, seeds, and stems, and the net weight (NW), characterized by the edible part of the raw food, obtained from the pre-preparation of the food.[42] These indicators are essential because they help effectuate important calculations, i.e., CI, CF, and determination of centesimal composition. The co-members can also use them to estimate the quantity of raw material to be purchased and in the realization of cost calculation.

The monetary values of each raw material were based on those practiced in the market; therefore, it was possible to define the cost of each preparation and its respective part.

The CF was obtained from the equation CF = GW/NW. Romero et al.,[43] pointed out that the CF makes it possible to determine the amount of raw material to be purchased, evaluate the amount of waste and usable part of the food, avoiding unnecessary purchases that increase the cost of the products. Through this indicator, it is also possible to determine the cost value of the product to define the sales price, being a determining index for the profit of the cooperative.[22]

The information on the CI of each product was evidenced from the equation CI = CW/NW, in which the CW is the weight of the cooked food ready to serve and the NW is the net weight of the food before cooking. According to Ornelas[44], the CI of the foods varies according to the cooking technique employed and is related to the gain or weight loss of the food through the cooking process. The presence of this index in FTP is necessary, as it is essential to define the changes suffered in the food during cooking and, therefore, to determine the yield of the preparations.[45] The CI will enable the cooperative members to prepare their revenues using the appropriate quantity of each raw material, thus avoiding waste. From the final yield of the product, it was possible to determine the number of shares based on the part already marketed by the cooperative.

The description of the pre-preparation and preparation stages, including cooking time, occurred according to the reports of the farmers and observation at the time of follow-up. Souza & Marsi[22] stated that the description of these steps facilitates the production routine and influences the product's final presentation, avoiding processing failures. In addition, these data allow the transmission of traditional knowledge, practices, and utensils related to the development of regional preparations,[46] contributing to the valorization and perpetuation.

The detailing of the utensils and equipment used was obtained according to what was observed during the preparation follow-up. This element is necessary to FTP, as it assists in planning production, enabling the execution of appropriate preparations to the equipment, personnel, and time available.[20] Authors[43] stated that the lack of utensils and equipment suitable for different preparations and insufficient quantity is one of the most frequent problems during food production.

Based on FTP data, it is possible to carry out financial control and preparation of nutritional labeling, which is fundamental for cooperative, since it contributes to the pattern of product identity, enables access to government

social programs, as well as provides participation in family farming events that, for the most part, require general and nutritional labeling of products. In addition, general and nutritional labeling is an important tool for healthier and more conscious food choices.[47]

The FTP can contain the image of the product, being able to assist in the standardization of the service, favoring the reproducibility of the recipe, and contributing to the preservation of the cultural identity of the products.[22]

From FTP, it is possible to evaluate the nutritional quality of products[48] because it is a valuable tool for strengthening family agriculture, assisting in quality control and standardization of preparations, and enabling the provision of regional products with better nutritional quality for the consumer.

Although there are difficulties to maintain culinary traditions due to the increase in the consumption of ultra-processed foods, media influences, and extinction of certain genres, the low consumption of these and the edaphoclimatic conditions, which compromise the transmission of tradition, knowledge, and activities from the ancestors[49] the sharing of culinary skills between generations favors the consumption of regional foods; therefore, it promotes the protection of cultural heritage, represented by territorial culinary traditions[17] that are a symbol of cultural resistance against food homogenization.[46]

CONCLUSION

The importance of preserving regional foods is highlighted, as they represent the territory's tradition, history, knowledge, and flavors, which were built over the years and are threatened by the food homogenization trends. Therefore, the elaboration of the FTPs made it possible to standardize the regional culinary preparations of a women's cooperative, contributing to the quality of the products made. Likewise, it helped to reduce the waste of raw materials, with greater use of available resources in the region, cost reduction, local economic development, in addition to promoting the preservation of the cultural identity of the preparations made by the cooperative.

Based on the concepts explained and on the execution of the research, the need for further studies on the subject is highlighted, as it was observed in the literature scarce technical scientific materials on the development of FTP for products arising from FA. This study is a pioneer in the area and may contribute to the development of future research.

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