

CULINARY GUIDE

KARANA™ MINCED jackfruit meat

100%
plant based

Meaty & Delicious

Processed just
a little bit

Perfect for
fillings, meatballs,
kebabs etc.

Versatile texture like
minced pork

HANDLING

GENERAL

Treat as you would any other animal protein, follow food safety guidelines and ensure the jackfruit meat is **fully cooked**.

STORAGE

KARANA MINCED jackfruit meat is **perishable**.

Always keep KARANA MINCED jackfruit meat **frozen**. Once thawed and opened, keep refrigerated and use within 5 days.

Use KARANA MINCED jackfruit meat before **Use By** date on pack.

DEFROSTING

Place KARANA MINCED jackfruit meat in the refrigerator to defrost overnight.

We do not recommend thawing KARANA MINCED jackfruit meat by immersing in water. Do not thaw and refreeze.

COOKING CONSIDERATIONS

KARANA MINCED jackfruit meat has a texture similar to that of lean minced pork. If you desire a softer bite, mix in a marinade or other liquid prior to cooking. This way, you can fine-tune your desired final texture.

RECIPE APPLICATIONS

FILLER

Defrost KARANA MINCED jackfruit meat. Add dry and wet seasonings, vegetables etc.

Add starch for firmer texture if desired.

Fill wrapper, dough etc and cook. Cook to internal temperature of 70°C.

PATTY

Defrost KARANA MINCED jackfruit meat. Add dry seasoning and fresh herbs etc.

Refrigerate for an hour or more. Shape into patties.

Cook on preheated surface at medium high heat to sear. Cook to internal temperature of 70°C.

MEATBALL

Defrost KARANA MINCED jackfruit meat. Add dry and wet seasonings, vegetables etc.

Add starch for firmer texture if desired. Refrigerate for one hour or more. Shape into meatballs at desired weight.

Bake, fry or grill until internal temperature of 70°C.

KEBAB

Defrost KARANA MINCED jackfruit meat. Add dry and wet seasonings, vegetables etc.

Add starch for firmer texture if desired. Refrigerate for one hour or more. Shape into kebabs at desired weight and skewer.

Bake, fry or grill until internal temperature of 70°C.

INGREDIENTS

KARANA Jackfruit (young jackfruit), Pea Protein, Canola Oil, Methylcellulose, Yeast Extract, Salt, Vegetable Juice (colour), Citric Acid.

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RECIPE EXAMPLE

BUN CHA BOWL WITH KARANA MINCED JACKFRUIT MEAT

INGREDIENTS

MEATBALLS

340 gr. KARANA™ MINCED jackfruit meat
28 gr. lemongrass, chopped
14 gr. garlic, minced
28 gr. coriander, finely chopped
14 gr. sugar
4 gr. salt
Pinch white pepper

VEGAN NOUC CHAM

440 gr. vegetable broth
55 gr. sugar
5 gr. soy sauce
5 gr. mushroom seasoning powder
5 gr. bird's eye chilli, finely chopped
lime juice of two limes

TO SERVE

vermicelli noodles
lettuce
cucumber, ribboned
carrot, ribboned
coriander
perrilla
mint

METHOD

1. Combine all meatball ingredients in bowl and refrigerate for 1 hour.
2. Meanwhile prepare nouc cham and garnishes.
3. After an hour form meatballs into 1 inch balls.
4. Heat a large skillet on medium high heat.
Brown meatballs well, cover, lower heat and cook through for 3 minutes. Cook to internal temperature of 70°C.
5. Reduce broth with sugar to 120 ml. Add mushroom powder, chillies and soy and cool.
Add lime juice and adjust seasoning to taste. Broth can be made a day ahead and will last refrigerated for 1 week.
6. Prepare lettuces, herbs and noodles.
Toss, place into four large bowls and top with warm meatballs.
Serve nouc cham, sliced chillies and extra limes on the side.



NEED HELP?

INFO@EATKARANA.COM

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OTHER RECIPES IDEAS



PIZZA



PASTA



SPRING ROLLS



NOODLES



BURGER



LION HEAD