



STARTER

RECIPES

KARANATM



SLOPPY

JOE SLIDERS

Ingredients (4 portions)

PATTY

- 160 gr. KARANA Mince
- Salt and Pepper
- 4 Pieces Mini Burger Buns

TOPPINGS

- 4 Slices Vegan Cheese
- 40 gr. onions, sliced
- 4 Slices burger Pickles
- 4 Slices tomatoes
- Ketchup
- Mustard

Preparation

1. Season the KARANA Mince with salt and pepper, divide and shape into 4 patties.
2. In a heat frying pan, add oil and grill the patties for 3 minutes on each side.
3. Toast the burger buns lightly.
4. Add the cooked patties to each bun, top up with cheese, sliced onions, burger pickles and tomatoes.
5. Add ketchup and mustard to the bun and serve.





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PIZZA

Ingredients

- 1 unit Ready to Bake Pizza Dough
- 250 ml. Pizza Tomato Sauce
- 100 gr. Vegan Cheese, shredded
- 30 gr. Onions, sliced
- 30 gr. Bell Peppers, sliced
- 150 gr. KARANA Mince, lightly sauteed

Preparation

1. Preset oven to 250oC with broil function.
2. Spread tomato sauce on pizza dough and add shredded mozzarella cheese.
3. Add the toppings ingredients and bake pizza in a preheated oven for 6-7 minutes.
4. Slice up and serve.



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LION HEAD MEATBALL IN MUSHROOM BROTH

Ingredients (4 portions)

MEATBALLS

- 200 gr. Silken Tofu
- 600 gr. KARANA Mince
- 10 gr. Mushroom Broth Granules

BROTH

- 500 ml. Water
- 10 gr. Mushroom Broth Granules
- 60 gr. Taiwanese Cabbage

Preparation

1. Place silken tofu and KARANA Mince in pastry mixer with a paddle beater.
2. Beat at medium speed for 3 minutes.
3. Season with mushrooms broth granules and beat again for 2 minutes.
4. Remove the beaten KARANA Mince and shape a portion of 80 grams into a meatball.
5. Repeat until all the KARANA Mince is used up.
6. Heat oil, deep fry each ball to a golden brown.
7. Drain on paper towels.
8. Bring water to boil. Add mushroom broth granules and meatballs.
9. Cook for 3 minutes.
10. Add Taiwanese cabbage and cook for another minute.
11. Dish up and serve.



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CHILI CON CARNE

Ingredients (20 portions)

- 1 kg. KARANA Mince
- 250 ml. Water
- 150 ml. Oil for cooking
- 100 gr. Onions, diced
- 100 gr. Red Bell Peppers, diced
- 10 gr. Garlic, chopped
- 10 gr. Cumin Powder
- 10 gr. Smoked Paprika Powder
- 8 gr. Chili Powder
- 5 gr. Coarse Ground Black Pepper
- 5 gr. Salt
- 10 gr. Sugar
- 750 gr. Can Chopped Tomatoes
- 200 ml. Extra Water
- 200 gr. Canned Red Kidney Beans

Preparation

1. In a large mixing bowl, mix the KARANA Mince with water. Set aside.
2. Heat oil in a large pot, add onions, bell peppers and garlic, cook for 2 minutes till fragrant.
3. Add cumin, smoked paprika, chili powder and coarse ground black pepper.
4. Cook briefly.
5. Stir in the KARANA Mince and season with salt and sugar.
6. Pour in chopped tomatoes, water and cook for 15 minutes.
7. Add kidney beans and cook for another 2 minutes.
8. Dish up chili con carne and serve with rice or tortilla chips and salsa fresca.



BURRITOS

Ingredients (4 portions)

- 4 pcs Flour Tortillas
- 280 gr. Prepared KARANA Chili Con Carne (see page 5)
- 200 gr. Cooked Rice
- 100 gr. Guacamole
- 100 gr. Salsa Fresca
- 40 gr. IceBerg Lettuce, shredded
- 40 gr. Plant Based Cheese, grated

Preparation

1. On a hot griddle, slightly warm up the flour tortillas.
2. Add the filling ingredients one by one, and roll up the burrito, folding in the sides.
3. Slice the burrito into half and serve.



A photograph of two Karana tacos on a wooden cutting board. The tacos are filled with chili con carne, guacamole, shredded cheese, sliced red onions, and fresh cilantro. Two lime wedges are placed on top of the tacos. The background is a bright orange surface. A pink bowl is visible in the top right corner. The Karana logo is visible on the white paper lining the cutting board.

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KARANA TACOS

Ingredients (4 portions)

- 4 pieces Flour or Corn Tortillas
- 4 gr. Prepared Guacamole
- 300 gr. Prepared KARANA Chili con Carne (see page 5)
- 40 gr. Prepared Salsa Fresca or Pico De Gallo
- 30 gr. Jack or Cheddar Cheese, shredded

Preparation

1. Warm the tortillas on a grill pan.
2. Stuffed it with the prepared guacamole, chili con carne, salsa and top with grated cheese.
3. Serve hot.



MEATBALLS

PASTA

Ingredients (4 portions)

- 600 gr. KARANA Mince
- 2 gr. Salt
- 3 gr. Coarse Ground Black Pepper
- 10 gr. Garlic, chopped
- Oil for cooking
- 300 ml. Prepared Tomato Sauce
- 2 gr. Parsley, chopped

Preparation

1. Place KARANA Mince in a mixing bowl. Add salt, pepper and garlic. Mix well.
2. Divide the KARANA Mince into 30 grams portions and shape each portion into a meatball.
3. Heat oil in a frying pan, cook the meat balls for 6-8 minutes until browned and firm.
4. Heat up prepared tomato sauce. Add meatballs to the sauce, toss evenly.
5. Transfer meatballs to a deep serving dish, sprinkle on parsley and serve with pasta.





BUN CHA BOWL

Ingredients (4 portions)

MEATBALLS

- 340 gr. KARANA Mince
- 28 gr. Lemongrass, chopped
- 14 gr. Garlic, minced
- 28 gr. Coriander, finely chopped
- 14 gr. Sugar
- 5 gr. Salt
- Pinch White Pepper 70oC.

VEGAN NOUC CHAM

- 440 gr. Vegetable Broth
- 55 gr. Sugar
- 5 gr. Soy Sauce
- 5 gr. Mushroom Seasoning Powder
- 5 gr. Bird's Eye Chili, finely chopped
- Lime Juice of two Limes

TO SERVE

- Vermicelli Noodles
- Lettuce
- Cucumber, ribboned
- Carrot, ribboned
- Coriander
- Perrilla
- Mint

Preparation

1. Combine all meatball ingredients in a bowl and refrigerate for 1 hour.
2. Meanwhile prepare nouc cham and garnishes.
3. After an hour, form meatballs into 1 inch ball.
4. Heat a large skillet on medium-high heat.
5. Brown meatballs well, cover, lower heat and cook through for 3 minutes. Cook to internal temperature of 70oC.
6. Reduce broth with sugar to 118 ml. Add mushroom powder, chili and soy, and cool.
7. Add lime juice and adjust seasoning to taste. Broth can be made a day ahead and will last refrigerated for 1 week.
8. Prep lettuces, herbs, and noodles. Toss, place into four large bowls and top with warm meatballs.
9. Serve nouc cham, sliced chilis and extra limes on the side.



**KARANA™****SOBORO****RICE**

Ingredients (4 portions)

- 120 ml. Oil
- 1850 gr. KARANA Mince
- 60 gr. Ginger, grated
- 25 ml. Sesame Oil
- 10 gr. Sesame Seeds, toasted
- 120ml. Japanese Soya Sauce
- 100 ml. Mirin
- 50 gr. Sugar
- 50 gr. Onions, diced

RICE

- 350 gr. Sushi Rice, washed and drained
- 470 ml. Water
- 10 gr. Konbu (optional)

GARNISHES

- Edamame Beans
- Firm Tofu, cut into cubes, fried
- Pickled Ginger, sliced
- Spring Onions, diced

Preparation

1. Heat oil in a sauté pan and fry KARANA Mince and ginger until fragrant. Add the rest of the ingredients. Reduce mixture till almost dry.
2. Cook rice with water and kombu in a rice cooker. Allow cooked rice to rest for 10minutes before dividing up into four bowls. Spoon the cooked KARANA Mince among the 4 bowls of rice.
3. Add edamame, tofu cubes and ginger to each bowl of rice.
4. Garnish with spring onions and serve.



BOTI KABOB

Ingredients (4 portions)

- 350 gr. KARANA Mince
- 5 gr. Cumin Seed
- 5 gr. Coriander Seed
- 220 gr. Yellow Onion, chopped
- 28 gr. Fresh Garlic, chopped
- 64 gr. Cilantro Stems
- 2.5 gr. teaspoon Chili Powder
- Salt

Preparation

1. Toast the coriander and cumin seed in a pan until fragrant.
2. Let cool, grind and set aside.
3. Chop onion, garlic and cilantro together until very fine.
4. Mix KARANA mince with salt, chile and spices.
5. Add chopped vegetables and mix well.
6. Refrigerate for 1 hour or overnight.
7. Form around skewers or into patties.
8. Grill or pan-fry as desired.
9. Serve in a wrap of warmed roti with pickled red onion, tamarind chutney and cilantro raita. Can also be served as part of plate with rice, vegetables or with a dip as an appetizer.





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BOLOGNESE

PASTA

Ingredients (4 portions)

- 600 gr. KARANA mince
- 200 ml. Water
- 100 ml. Oil
- 60 gr. Onions, diced
- 15 gr. Garlic, chopped
- 60 gr. Carrots, diced
- 60 gr. Celery, diced
- 40 gr. Tomato Paste
- 400 gr. Can Diced Tomatoes
- 2 gr. Salt
- 4 gr. Sugar

Preparation

1. Mix KARANA mince with water.
2. Heat oil, add onions and garlic, and cook until fragrant.
3. Add KARANA mince and stir till the KARANA mince is broken up.
4. Add carrots, celery and cook briefly. Stir in tomato paste, diced tomatoes and pour in water. Bring to boil and simmer for 15 minutes.
5. Season with salt and sugar and serve with pasta.



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MINCE PIES

Ingredients (18 pies)

- 50 ml. Oil
- 100 gr. Onions, chopped
- 60 gr. Carrots, diced
- 100 gr. Green Peas
- 400 gr. KARANA mince
- 200 gr. Water
- 2 gr. Salt
- 2 gr. Coarse Ground Black Pepper
- 200 gr. Can Diced Tomatoes
- 30 ml. HP Sauce
- 4-6 sheets Frozen Shortcrust Pastry

Preparation

1. Preheat the oven to 180oC.
2. Heat oil, fry onions and carrots until fragrant. Add peas.
3. Mix KARANA mince with water and add to the vegetables mixture. Season with salt and pepper and pour in the tomatoes and HP Sauce. Simmer for 15 minutes.
4. Use a bowl to cut out round pieces from each pastry sheet.
5. Grease 16 tart bowls and lay each one with sheet of pastry. Spoon in the fillings and cover with another pastry sheet.
6. Bake for 20-30 minutes in a preheated oven till golden brown. Serve hot.



NCO HIANG

Ingredients (8 portions)

- 650 gr. KARANA Mince
- 180 gr. Yam, shredded
- 100 gr. Onions, chopped
- 50 gr. Chinese Celery, diced
- 7 gr. Five Spice Powder
- 2 gr. Salt
- 20 gr. Sugar
- 40 gr. Light Soy Sauce
- 8 sheets Bean Skin Wrappers (20cm x 15cm)

ASSEMBLY

- Oil for deep frying
- Sweet Sauce for dipping

Preparation

1. In a large mixing bowl, mix KARANA mince, yam, onions, chinese celery, five spice powder, salt, sugar, light soya sauce together till homogenous.
2. Dip a sheet of bean skin wrapper in a bowl of water and place on a cutting board.
Place 120 gr. of KARANA mince mix on the wrapper and spread to the thickness of 2cm.
3. Roll up the beancurd sheet and repeat till KARANA mince is used up.
4. Steam the rolls for 7 minutes, cool down and vacuum pack individually before freezing up for 6 months
5. To serve, deep fry each defrosted roll at 160oC hot oil till golden brown. Slice up and serve with sweet sauce.





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