

STARTER

RECIPES



KARANA™



CHORIZO

PICADILLO

Ingredients (4 portions)

- 2 lbs KARANA™ ground
- 1 lb red onion diced
- 6 Roma tomatoes diced
- 1 red bell pepper diced
- 1 green bell pepper diced
- 6 cloves of garlic chopped (I like to put a bit more)
- 1 can chipotle adobo chopped (if you want it less spicy, add only 1/2 can)
- 2 tablespoons cumin
- 2 tablespoons garlic powder
- 2 tablespoons smoked paprika

To taste:

- Olive oil
- Fine salt
- Black pepper
- Fresh cilantro

Preparation

1. Caramelize the onion and garlic on a hot pan with olive oil at medium heat. After it is caramelized, add the rest of the diced vegetables and sauté at high heat for 5-8 minutes.
2. Off heat, in a bowl mix all the spices with the KARANA™ meat and mix with your hands. Slowly
3. Add the sautéed vegetables, incorporating it evenly into the KARANA™ meat.
4. Sauté in a pan with olive oil at high heat the mix of ingredients and let it cook for 10 minutes or until reduced.
5. Lastly, add the fresh cilantro and let it cool down or serve.

KARANA™

**MINIMALLY
PROCESSED**

PUTTANESCA

MEATBALLS

Ingredients (4 portions)

- 4 lbs KARANA™ ground
- 2 lbs yellow onion
- 4 oz chopped garlic
- 1 oz thyme finely chopped
- 2 oz rosemary finely chopped
- 8 oz panko bread crumbs
- ¼ cup extra virgin olive oil
- 2 tablespoons kosher salt (or to taste)
- White pepper (to taste)

Puttanesca sauce

- 2 cans of crushed tomatoes (small)
- Extra virgin olive oil (to taste)
- ½ cup chopped black olives
- ¼ cup capers chopped
- ¼ cup parsley chopped
- ½ cup italian basil finely sliced

Preparation

1. Caramelize the onion and garlic with olive oil until it is a dark golden color on medium heat.
2. Add the fresh rosemary and thyme and sauté for 5 more minutes.
Allow to cool down on the side.
3. Off heat, mix the caramelized onion with the KARANA™ meat, add the white pepper and salt as needed.
4. Form ½ oz balls and bake in the oven for 10 minutes at 400° F.
5. After baking, add the meatballs to the sauce and finish with chopped fresh basil.

Sauce

6. Add the tomato to a pan with the olive oil and let it reduce at medium heat.
7. Add the olives and capers and let it cook for 5 minutes. Taste, add salt as needed and finish with the parsley and basil.
8. Keep off the fire until the meatballs are ready, mix together and cook for 5-10 minutes to reduce the sauce.



SPICE

RUBS

Ingredients

Burger Seasoning

- 1lb KARANA™ meat
- 1 tbsp. kosher salt
- ½ tbsp. black pepper
- 1 tsp. paprika
- 1 tbsp. onion powder
- 1 tbsp garlic powder

Chorizo Seasoning (sausage)

- 1 lb KARANA™ meat
- 1 tbsp. Cumin seed
- 1 tsp. Coriander seed
- 3 whole cloves
- 2 tbsp. ancho chile powder
- ¼ tsp. ground cinnamon
- ½ tsp. Oregano
- ½ tsp. Thyme
- 1 tsp. Sea salt
- 2 tbsp. Smoke paprika
- 2 tbsp. Brown sugar
- 1 tablespoon ground pepper
- 1 tsp. garlic powder
- 1 tsp. Onion powder

BBQ spice KARANA™ rub

- 1 ½ lb KARANA™ meat
- 3 tbsp Brown sugar
- 2 tbsp Ground cumin
- 2 tbsp Smoke paprika
- 2 tsp Onion powder
- 2 tsp chili powder
- 2 tsp Garlic powder
- 1 tsp cayenne pepper
- 1 tbsp kosher salt

Italian Sausage

- 1 ½ lb KARANA™ meat
- 2 tsp. Dried parsley
- 2 tsp. Italian seasoning ***
- 1 ½ tsp. Black pepper
- ½ tbsp. Fennel seed (toasted and crushed)
- ½ tsp. Paprika
- 1 tsp. Chili flakes
- 2 tsp salt
- 2 tbsp brown sugar
- 1 tbsp chopped onion
- 1 tbsp minced garlic

***Italian seasoning

- 2 tbsp. dried parsley
- 2 tbsp. dried basil
- 2 tbsp. Dried oregano
- 2 tbsp. Rosemary
- 2 tbsp. Dried Thyme
- 2 tbsp dried marjoram
- 2 tbsp. Dried chili flakes





MOROCCAN KEBAB

Ingredients

- 20 oz KARANA™ meat
- 8 oz yellow onion chopped
- 2 oz minced garlic
- 3 oz pomace oil
- 1 tablespoons kosher salt
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon smoked paprika
- ¼ teaspoon pepper
- ¼ teaspoon cayenne pepper
- ¼ teaspoon fennel seed ground
- ¼ cup fresh parsley chopped
- ¼ cup fresh cilantro chopped
- ¼ cup fresh mint leaves chopped

Preparation

1. Caramelize the onion and garlic at medium heat with the pomace oil, until the onion starts changing color.
2. Allow to cool and mix with the Karana meat. Add the rest of the spices and fresh herbs. (Can marinate for up to a day for better flavor).
3. Preheat the grill or grill pan and prepare it for your kebabs, take small amounts of KARANA™ mix and shape them into cylinders or sausage shapes. Skewer the meat, squeezing it to mold it to the skewer.
4. Cook for 3-4 minutes each side.



SLOW COOKED

CHILI

Ingredients (4 portions)

- 4 tablespoons olive oil
- 1 cup onion diced
- 6 garlic cloves, finely chopped
- 2 jalapeños diced, no seeds
- 1 tablespoon cumin
- 2 tablespoons smoked paprika
- 2 tablespoons oregano
- 1 lb KARANA™ meat
- 3 chipotle peppers in adobo (sauce on the side)
- 1 can crushed tomato
- 2 tablespoons tomato paste
- 2 tablespoons cacao powder
- 1 cup red wine
- 2 cups vegetable stock
- 2-3 bay leaves
- 2 cans pinto beans drained and rinsed
- Salt and pepper to taste
- 1-2 limes (juice only)
- Fresh cilantro chopped
- Brown sugar or maple syrup (to taste)

Preparation

1. In a big pot on medium heat, add the olive oil and the diced onion with a pinch of salt.
2. Cook for 15-20 minutes until caramelized, moving frequently. Add the garlic and jalapenos and let it cook for 5-10 more minutes.
3. To the pot, add all the spices and the KARANA™ meat and mix, breaking up the KARANA™ jackfruit meat with 2 spatulas.
4. Add the chipotle peppers, the crushed tomato and tomato paste.
5. Let it reduce at high heat for 5-10 minutes.
6. Add the cacao powder and pour in the wine to deglaze, letting it reduce 5 more minutes before pouring the veggie stock. Season with the salt and pepper.
7. Add the pinto beans and take to a boil for 3-5 minutes. Lower the fire, let it reduce and cook slowly (at least 10 minutes).
8. Add the lime juice, fresh cilantro and 1 or 2 tablespoons (or to taste) of brown sugar or maple syrup to balance.
9. Serve with avocado, fresh cilantro and pickled onion.



MEATLOAF

Ingredients

- 2 lbs KARANA™ ground
- 8 oz Roasted sweet potatoes Puree***
- 8 oz caramelized onion
- 6 oz fine diced carrot
- 6 oz fine diced celery
- 6 oz fine red pepper
- 12 oz button mushrooms cut in four.
- 1/8 parsley chopped
- 2 tbsp tomato puree
- 2 tbsp brown sugar
- 1 tsp smoked paprika
- 1 tsp cumin powder
- 1 tsp black pepper
- 2 tsp garlic powder
- 2 tbsp Kosher salt

Preparation

1. Preheat oven to 350° F.
2. In a large bowl combine the meatloaf ingredients and mix with clean hands, until fully combined.
3. Press the mixture into a loaf pan with a baking sheet and bake for 30 minutes at 380° F.
4. For the topping sauce you can add tomato sauce or a mix of ketchup, mustard and sugar and cook for 10 more minutes.

Let it set for 5 minutes before removing from the pan.

*** Roast the sweet potatoes in the oven at 380° F for 15-20 minutes or until it is cooked. Peeled and puree. Keep on the side and cold down.



Ingredients (4 portions)

- 1 lb KARANA™ ground
- 4-6 tablespoons vegetable oil
- 3 shallots chopped
- 6 garlic cloves finely chopped
- 1-2 thai chilies (depending of the level of spicy you want)
- 1 tablespoons of ginger chopped
- 1 lemongrass stalk smashed
- 2 teaspoons of sugar
- 2-3 tablespoons soy sauce
- 2 tablespoons dark soy sauce
- ¼ cup of water
- 1 cup thai basil leaf

Preparation

1. In a wok at high heat, add the vegetable oil and the shallots and sauté for 3-5 minutes.
2. Add the garlic, chili, ginger and lemongrass and sauté for another 3 minutes.
3. Add the KARANA™ meat and stir fry with the rest of ingredients on the wok, breaking up the meat.
4. Add the sugar, soy sauce and if necessary add the water to thin the sauce.
5. To finish add the fresh Thai basil and mix.





BOLOGNESE

SAUCE

Ingredients

- 2 lbs KARANA™ ground
- 2 lbs Yellow onion finely diced
- 1 lb finely diced carrot
- 1 lb finely diced Celery
- 6oz garlic puree
- 3 - 4 bay leaves
- 1tbsp black pepper crush
- ¼ cup dry white wine
- 1 can (28oz) san marzano whole tomato crushed
- 1 lb tomato paste
- 8 oz Olive oil
- Salt to taste
- Brown sugar if necessary
- Rosemary and thyme

Preparation

1. Add the olive oil and the onion at a large stockpot and cook over medium-high heat, until it starts to get transparent.
2. Add the garlic puree and cook for 5-8 minutes before adding the rest of the vegetables stirring occasionally, until the veggies are softened.
3. Add the KARANA™ meat out of the fire and remove with two spatulas to separate the meat. Return the pot to the fire and add the white wine, pepper and bay leaves and let it reduce for 5 minutes.
4. Add the San Marzano tomatoes, tomato paste and stir to thoroughly combine.
5. Continue cooking until the sauce just barely reaches a simmer. Then reduce heat to low, cover the stockpot with a lid, and simmer for 60 to 90 minutes.
6. Taste and rectify the salt and acidity, if necessary.



KARANATM