

# CULINARY GUIDE

## KARANA™ GROUND jackfruit meat

100%  
Plant Based

Meaty & Delicious

Processed just  
a little bit

Perfect for  
fillings, meatballs,  
kebabs etc.

Versatile texture like  
ground pork

### HANDLING

#### GENERAL

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

#### STORAGE

KARANA GROUND jackfruit meat is **perishable**.

- Always keep KARANA GROUND jackfruit meat **frozen**. Once thawed and opened, keep refrigerated and use within 5 days.
- Use KARANA GROUND jackfruit meat before **Use By** date on pack.

#### DEFROSTING

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

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

### COOKING CONSIDERATIONS

KARANA GROUND jackfruit meat has a texture similar to that of lean ground 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 GROUND 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 150°F.

#### PATTY

Defrost KARANA GROUND 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 150°F.

#### MEATBALL

Defrost KARANA GROUND 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 150°F.

#### KEBAB

Defrost KARANA GROUND 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 150°F.

### INGREDIENTS

KARANA Jackfruit (young jackfruit, water) water, pea protein, expeller pressed canola oil, methylcellulose, salt, yeast extract, vegetable juice (color), Citric Acid.

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## RECIPE EXAMPLE

### CHORIZO PICADILLO (FOR NACHOS)

#### INGREDIENTS

2 lb KARANA™ Ground Jackfruit meat  
1 lb red onion diced  
6 Roma tomatoes diced  
1 red bell pepper diced  
1 green bell pepper diced  
6 cloves of garlic chopped

1 can chipotle adobo chopped (if you want it less spicy, add only 1/2 can)  
2 tbsp cumin  
2 tbsp garlic powder  
2 tbsp smoked paprika

#### TO TASTE

olive oil  
fine salt  
black pepper  
fresh cilantro

#### PREPARATION METHOD

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™ Ground jackfruit meat and mix with your hands. Slowly add the sautéed vegetables, incorporating it evenly into the KARANA™ Ground jackfruit meat.
3. Sauté in a pan with olive oil at high heat the mix of ingredients and let it cook for 10 minutes or until reduced.
4. Lastly add the fresh cilantro and let it cool down or serve.

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## OTHER RECIPES IDEAS



PIZZA



PASTA



SPRING ROLLS



NOODLES



BURGER



LION HEAD