



JACKFRUIT CROQUETTE



25-30 minutes
(4 hours waiting time)



20 pieces



vegan recipe



**WORKING WITH FIBER FOODS AND USING
OUR PRODUCTS WILL HELP YOU AND YOUR
COMPANY MAKE A POSITIVE IMPACT**

INGREDIENTS

SOAKED JACKFRUIT

- ➔ 50 grams Fiber Foods Jackfruit 'Shredded'
- ➔ 250 grams water
- ➔ 12,5 grams broth concentrate

FRIED JACKFRUIT

- ➔ 300 grams soaked jackfruit
- ➔ 100 grams white onion - diced
- ➔ 25 grams oil
- ➔ 10 grams garlic
- ➔ 5 grams salt

SALPICON

- ➔ 60 grams flour
- ➔ 50 grams vegan butter
- ➔ 100 grams water
- ➔ 5 grams broth concentrate

CROQUETTE BREADCRUMBS

- ➔ 48 grams vegan croquette-batter powder
- ➔ 400 grams water
- ➔ 200 grams fine breadcrumbs
- ➔ 200 grams coarse breadcrumbs



REHYDRATE JACKFRUIT

Make a broth from the water and the broth concentrate. Soak the jackfruit in it and let it rest.



FRYING AND SEASONING

Fry the onion and garlic in the oil and add the jackfruit, then season with salt.



MAKE SALPICON

Make a broth from the water and the broth concentrate. Melt the butter and braise the flour in it. Then gradually add the broth until you get a salpicon.



SHAPING TO SIZE

Mix the jackfruit mixture with the salpicon and fill a piping bag. Then pipe bars about 3 cm thick and leave in the refrigerator for at least 3 hours. Cut to the size of a snack croquette (6-7cm, 25 grams).



BREADCRUMB COATING

Make a batter from the croquette-batter powder and water. Dip the cold croquettes in the batter, coat with the fine breadcrumbs, dip again in the batter, and coat in the coarse breadcrumbs.



FRY AND SERVE!

Freeze the croquettes and deep fry them at 180 degrees for 3 minutes until the product is finished.

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