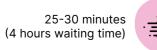


JACKFRUIT CROQUETTE









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

iackfruit 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 croquettebatter 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.



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

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