



Vegan Nugget (methylcellulose emulsion)

RECIPE COMPOSITION

INGREDIENTS	PRODUCER	PROPOSED RECIPE INGREDIENTS (%)
METHYLCELLULOSE EMULSION		
Water (< 4°C)*		25.000
Sunflower oil		5.500
Methylcellulose (<i>Metolose, MCE100-TS</i>)	Shin Etsu	3.000
NUGGET MIXTURE		
NUTRALYS® T70S/ TP70G/ TP-C	Roquette	19.000
Water (< 4°C)*		39.650
NUTRALYS® F85M, pea protein	Roquette	1.000
Potato starch, native	Roquette	2.000
Pea fiber I50M	Roquette	3.000
Garlic powder		0.050
Salt		0.200
Pepper, black, ground		0.050
Flavours (Optional)		1.550
Total		100.000

PROCESS METHOD

Nuggets preparation:

1. Methylcellulose Emulsion:

- Blend methylcellulose, ice water and oil in Hotmix at 1800rpm for 2mins. Scrape down sides at every 30s interval.
- Set aside and chill it to less than 10°C before use.

2. Hydrate the textured pea protein for 30mins in ice water.

3. Shred the hydrated texturized pea proteins in Hotmix at 1800rpm for 2mins. Scrape down sides at every 30s interval. This step may be omitted for Nutralys TP70G.

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Created: 19 Mar 21 | Modified: 19 Mar 21 | Lab Trial recipe | V.1

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4. Blend the powdered ingredients.
5. Mix hydrated texturized proteins, methylcellulose emulsion and remaining ingredients in a Hobart mixer for 3mins at Speed 1.
6. Pack and store overnight in chiller before forming.
7. Shape the nuggets (20g) by hand.
8. Steam the nuggets at 100°C for 7mins until an internal core temperature of 80°C.
9. Blast-freeze the nuggets at -33°C for 30mins
10. Coat the nuggets with pre-dust, batter, and breader (Recipe reference: ASAVBAT003)
11. Par-fry the nuggets in a deep-fryer at 175°C for 2mins to set the coating.
12. Blast-freeze the nuggets at -33°C for 30mins.
13. Vacuum pack the frozen nuggets and store in the freezer.

*Can be replaced with vegetable stock solution for better flavour.

Reheating instructions:

Deep-fry the frozen nuggets at 175°C for 3mins.

INGREDIENTS LIST AND ALLERGENS (INDICATIVE)

Textured pea protein (pea protein, pea extract), sunflower oil, Methylcellulose, pea fiber, starch, flavor, pea protein, salt, garlic, black pepper.

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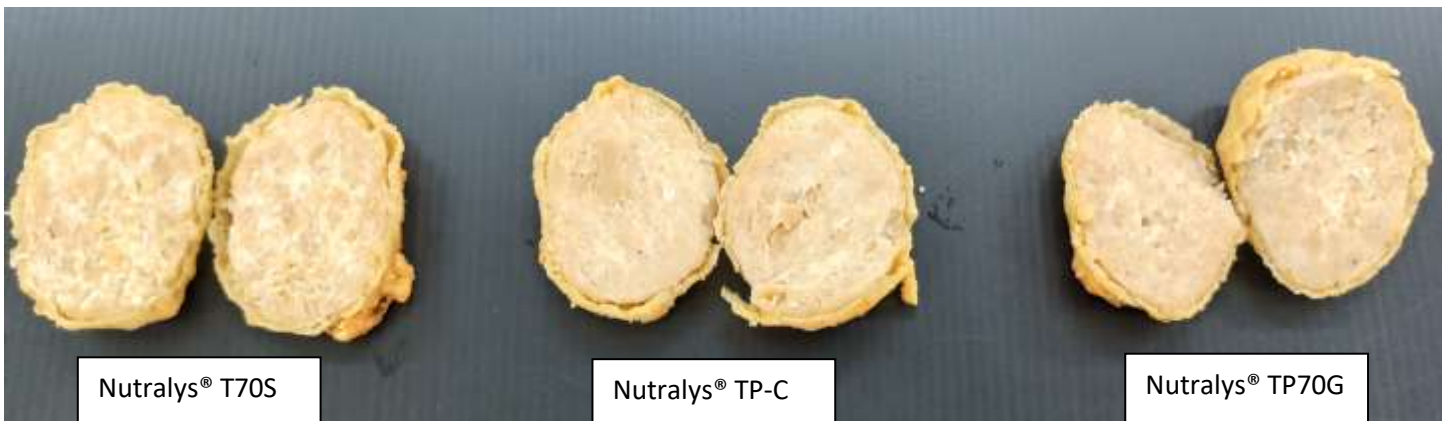
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LABEL OF NUTRITION FACTS (INDICATIVE)

Average nutrition facts (EU)	Per 100 g Proposed recipe
Energy (kcal)	438
Fat (g)	20.9
of which saturates (g)	2.4
Carbohydrate (g)	10.2
of which sugars (g)	0.6
of which polyols (g)	0.0
Fiber (g)	17.7
Protein (g)	43.3
Salt (g)	2.10

Serving size per nugget (g): 20

PHOTOS



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