



Vegetarian Meatball Tom Yum Soup

RECIPE COMPOSITION

INGREDIENTS	PROPOSED RECIPE INGREDIENTS (%)
Vegetarian Meatball	(100%)
Vegetable Stock Solution	35
Soy sauce, light	10
Lime juice	2
NUTRALYS® T70S-EXP textured pea protein	10
NUTRALYS® F85G pea protein	10
Sunflower oil	20
Egg white, powder	8
Pea fiber I50M	2
Onion powder	1
Garlic powder	1
Basil leaves, dried	0.3
Coriander leaves, dried	0.3
Chili flakes, dried	0.3
Ground white pepper	0.1
Tom Yum Soup	(100%)
Water	74.3
Soy sauce, light	3
Sunflower Oil	1
Vegetable stock cube	1
Tomato concentrate, 28%	1
Chili Paste	1
Chili Padi, fresh, sliced	2
Lemongrass paste	5
Galangal paste	0.5
Sucrose (sugar)	2

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Created: 14SEP20 | Modified: 29SEP20 | Lab Trial recipe | V.2

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Garlic powder	0.5
Citric Acid	0.4
Monosodium glutamate	0.2
Dried seaweed	0.1
Mushroom, sliced	5
Kaffir lime leaves	3
Lemongrass, fresh, sliced	For garnish

PROCESS METHOD

(A) Vegetarian Meatballs

1. Mix together vegetable stock solution, soy sauce, and lime juice
2. Hydrate T70S in a portion of the liquid mixture (1:2 ratio) for 30min and shred in Hotmix at 1800rpm for 2mins
3. Remove from Hotmix bowl and set aside
4. Add remaining liquid mixture into Hotmix bowl
5. Add Nutralys F85G and mix at speed 4 for 5mins (1800rpm)
6. Increase to Speed 5 (3000rpm). Slowly drizzle in oil until an emulsion paste is formed.
7. Mix in powders and shredded T70S at speed 3 until a uniform paste is obtained.
8. Shape into meatballs (3.5g for mini size and 10g for regular size)
9. Boil in hot water (2 minutes for mini size and 5 minutes for regular size)

(B) Tom Yum Soup

1. Stir-fry the ingredients briefly
2. Add all ingredients into Hotmix bowl and heat to 95°C at speed 1F (200rpm)
3. Cook at 95°C for 10mins at speed 1F (200rpm)
4. Strain soup to remove all solids and sediments
5. Add sliced lemongrass pieces to garnish
6. Serve with vegetarian meatballs

(C) Retort Sterilization

1. Place a few pieces of sliced chili padi, lemongrass, and kaffir lime leaves into retort cups
2. Add meatballs and fill with tom yum soup
3. Retort at 120°C for 10mins (80°C 120kPa/100°C 180kPa/120°C 200kPa/100°C 180kPa/70°C 150 kPa/40°C 90kPa)

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INGREDIENTS LIST AND ALLERGENS (INDICATIVE)

Water, vegetable stock solution, lime juice, mushroom, **soy sauce**, sunflower oil, pea protein, sugar, textured pea protein (pea protein, pea extract), basil, flavoring (**vegetable stock (celery)**), lemongrass paste, kaffir lime leaves, **tomato paste**, **chili paste**, chili padi, **egg white powder**, garlic powder, pea fiber, galangal paste, citric acid, flavor enhancer (monosodium glutamate), onion powder, coriander, white pepper, dried seaweed.

Contains: cereals containing gluten and derivatives, egg and derivatives, celery and derivatives, soya and derivatives.

LABEL OF NUTRITION FACTS (INDICATIVE)

Average nutrition facts (EU)	Per serving Proposed recipe	Per 100 g Proposed recipe
Energy (kcal)	234	78
Fat (g)	11.8	3.9
of which saturates (g)	1.3	0.4
Carbohydrate (g)	15.4	5.1
of which sugars (g)	8.7	2.9
of which polyols (g)	0.0	0.0
Fiber (g)	4.1	1.4
Protein (g)	15.7	5.2
Salt (g)	3.98	1.33

Serving size (300g): 250g soup + 50g meatballs

PICTURE



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