

CULINARY GUIDE

KARANA GROUND PORK

Versatile texture like
minced pork meat

Perfect for
fillings, meatballs,
kebabs etc.

Made from only 8
ingredients

Unbelievably
Meaty

100%
Plant Based

HANDLING

GENERAL

Treat as you would any other animal protein, follow food safety guidelines and ensure the whole-plant meat is **fully cooked**.

STORAGE

KARANA™ Mince is **perishable**.
■
Always keep KARANA™ **frozen**.
Once thawed and opened, keep refrigerated and use within 5 days.
■
Use KARANA™ before
Use By date on pack.

DEFROSTING

Place KARANA™ in the refrigerator to defrost overnight.
■
We do not recommend thawing KARANA™ by immersing in water. Do not thaw and refreeze.

COOKING CONSIDERATIONS

KARANA Mince 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 mince. 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 70C.

PATTY

Defrost mince. 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 160F.

MEATBALL

Defrost mince. 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 160F.

KEBAB

Defrost mince. 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 160F.

INGREDIENTS

Jackfruit, Pea Protein, Canola Oil, Methylcellulose, Salt, Yeast Extract, Vegetable Juice (color), Citric Acid.



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RECIPE EXAMPLE

BUN CHA BOWL WITH KARANA GROUND PORK

INGREDIENTS

MEATBALLS

12oz Karana™ Ground Pork
2 tbs lemongrass, chopped
1 tbs garlic, minced
2 tbs coriander, finely chopped
1 tbs sugar
1 tsp salt
Pinch white pepper

VEGAN NOUC CHAM

2 cups vegetable broth
4 tbs sugar
1 tsp soy sauce
1 tsp mushroom powder
1 tsp bird's-eye chilli, finely chopped
Lime juice of two lime

TO SERVE

Vermicelli noodles
Lettuce
Cucumber, ribboned
Carrot, ribboned
Coriander
Perrilla
Mint

METHOD

1. Combine all meatball ingredients in bowl and refrigerate for 1 hour.
2. Meanwhile prepare nouc cham and garnishes.
3. After an hour form meatballs into 1 inch balls.
4. Heat a large skillet on medium high heat.
Brown meatballs well, cover, lower heat and cook through for 3 minutes. Cook to internal temperature of 160F.
5. Reduce broth with sugar to ½ cup. Add mushroom powder, chillies and soy and cool.
Add lime juice and adjust seasoning to taste. Broth can be made a day ahead and will last refrigerated for 1 week.
6. Prep lettuces, herbs and noodles.
Toss, place into four large bowls and top with warm meatballs.
Serve nouc cham, sliced chiles and extra limes on the side.



NEED HELP?

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OTHER RECIPES IDEAS



PIZZA



PASTA



SPRING ROLLS



NOODLES



BURGER



LION HEAD