



Geschmack & Technologie

Vegavo Nuggets and Schnitzel Wheat Base

German guideline:

Recipe number:

ER2400700

Requirement according to german guideline:

Raw material:

3.40 kg	water
1.60 kg	Water for texturing
0.50 kg	rapeseed oil, refined
5.50 kg	

Spices & processing aids:

3.70 kg	Vegavo Nuggets Schnitzel Base Wheat	4334900
0.80 kg	Vegavo Texturate Base Wheat	3020100

casing:

Shrink bag 600x400 Art. No.: 990550

Processing sequence:

1: **Prepare the texturate:** Soak the texturate in cold water (approx. 30°C).

2: **Mix the mass:** Mix "Vegavo for nuggets and schnitzels" base wheat

with water (30°C) and then add the oil.

Cut the mass at a slow speed for about 8 minutes, forming a network of glues.

Then slowly cut in the soaked texturate for 1 minute.

3: **Resting:** Let the mass rest for at least 45 minutes, covered with a film, at room temperature.

4: **Forming and cooking:**

Cooker: Form the mass into schnitzels and cook them at 85°C and 100% humidity for 30 minutes.

In a sous vide bag: Alternatively, you can cook the schnitzels in a sous vide bag (sterile casing, cal. 120-60) with Kulinavo free (item no.: 957200, 3 g per kg of water)

in a water bath at 90°C for about 40-90 minutes, depending on the thickness.

5: **Allow to cool:** Leave the schnitzels to cool overnight in the covered cooling room or in the sous-vide bag.

6: **Bread and fry:** Bread the cooled schnitzels/nuggets with wet breadcrumbs (Art. No.: 1010101) and spice breadcrumbs (Art. No.: 868701)

and then fry for about 4 minutes.

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Ingredients:

water, GLUTEN, WHEAT PROTEIN, rapeseed oil, chickpeas, pea protein, spices, yeast extract, salt, flavourings

Nutrition declaration:

calorific value kJ	903KJ
sugar	0,9g
calorific value kcal	215Kcal
polyols	0,0g
fat	6,9g
protein	30,5g
saturates	0,8g
sodium	0,3g
carbohydrate	7,1g
salt	0,7g

This application formulation is a manufacturing recommendation based on practical experience and currently applicable food regulations within Germany and the EU. AVO accepts no liability for the practical implementation of the formulation by the user. The manufacturer or distributor is also obliged to ensure compliance with the legal requirements of the respective country of destination for the product.



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