

AGT Foods Africa - Masterclass

3 TPP MINCE

BURGER

RECIPE

Burger Patty x 100gm 1 x serve

INGREDIENTS	%
Water	61.0
Texturized Pea Protein 72G	20.3
Canola oil	5.3
Refined coconut oil	3.8
Spices	2.3
Faba Bean Protein 60	2.0
Methylcellulose	1.6
Pea Protein 80	1.2
Caramel color	1.0
Potato starch	0.8
Liquid smoke	0.7

Ingredients X 400gm = 4 serve

- Water x 144gm
- TPP x 82gm
- Canola Oil x 22gm
- Coconut Oil x 16gm
- Spices x 10gm
- Faba Bean Protein x 8gm
- Methylcellulose x 7gm
- Pea Protein x 5gm
- **Caramel Colour x 4 gm tbc**
- Potato Starch x 4gm
- Liquid Smoke x 3gm

Method

- Soak TPP as per manufactures recipe
- *Soak TPP in caramel color and water (1:2 TPP to water by weight) until liquid is evenly distributed, about 30-60 min*
- *•In a stand mixer from increasing gradually from low to medium speed, combine hydrated TPP with remaining water and all other ingredients except for oils*

- •Add in canola and coconut oils, mixing until fully incorporated
- •Form batter into patties and freeze for 10 min
- •Cook on stovetop over medium to medium-high heat until internal temperature reaches 165°F or 74°C

Sauces

Beetroot "ketchup"

- Red beetroot 500gm(precooked)
- White wine vinegar 250ml
- Caster sugar
- Bay leaf
- Shallots

Method

- Add all ingredients to saucepan and simmer on medium heat for about 5 to 10 minutes.
- Blend and set aside to cool before serving

Vegan Mustard Mayo

- Soy milk 250ml
- Apple cider vinegar
- Lemon juice
- Canola oil
- Salt & pepper
- English Mustard

Method

- In a jar add your soy, vinegar, lemon juice, mustard & seasoning
- Using a hand held stand blender, slowing blend and pour the oil into the mix.
- Blend until thick.
- Add additional seasoning for own preference

Burger Garnish

Ingredients

- Butter lettuce/Rocket 100gm
- Cucumber x 1
- Red onion x 1
- Micro greens x 1 packet
- Bun x 4/5

UTENSILS:

- Chopping board for
- 1 x prep bowl for soak TPP
- Platter/prep bowls for burger garnish
- 2 x Display bowl for sauces
- 2 x spoons to dish sauces
- 1 x Silicon/stainless tongs
- 1 x Silicon/stainless spatula/lift
- 1 x Large saucepan to toast buns & cook patties in.

PLATING & GARNISH:

- Micro greens
- Funky boards

ALTERNATIVES/VARIATIONS:

Reconstitute TPP in stock, water, even tomato juice.

Quick to cook

Add many different seasonings

Can be used as a “beef like patty or “chicken like patty”

Can be crumbed