

# CULINARY GUIDE

## KARANA SHREDS

Versatile shredded  
meat-like texture  
(think shredded pork loin)

Made from only 4  
ingredients

Light  
umami taste

Ready for flavour

### HANDLING

#### GENERAL

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

Our shreds are partially cooked so do cook quickly, be careful **not** to overcook.

#### STORAGE

KARANA™ Whole-plant Meat Shreds are **perishable**.

Always keep KARANA™ **frozen**. Once thawed and opened it is recommended to use within 3 days.

If kept frozen, KARANA™ has a shelf life of **12 months**.

#### 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

High heat cooking works best to sear and brown the meat. Essential to do this before you introduce the shreds to any sauce to retain the meaty texture and prevent them from becoming too soft.

Steaming, stewing, and poaching in excess liquids are not ideal cooking techniques. To use in these applications always pan-fry or roast the shreds to brown first.

### COOKING TECHNIQUES

#### BRAISING

First brown meat with oil at high heat before introducing sauce.

Brown aromatics, barely cover with liquids and cook for 10-20 minutes at 80C.

Consider adding oil to get fattier effect.

#### GRILLING/BROILING

For best results, coat in a little bit of oil or pre-marinated in thicker sauces.

Grill at high temperature for 4-6 minutes turning the shreds to sear both sides.

#### BAKING/ROASTING

Season or marinate meat and coat in oil, preheat oven to 200-225°C, spread meat in shallow even layer in pan.

Roast for 12-15 minutes until well browned turning once.

#### PAN-FRYING

Pan frying at high temperatures works best.

Pre-heat oil then add meat in shallow even layer. Do not overcrowd the pan. Cook stirring occasionally until well browned.

Sauce can be added once product is seared (typically 3-5 minutes).

#### INGREDIENTS

Young Jackfruit, Canola Oil,  
Natural Flavours, Sea Salt

**KARANA™**  
WHOLE PLANT • ALL TASTE

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## KARANA SHREDS

### RECIPE EXAMPLES

#### Whole-plant based Bulgogi

##### INGREDIENTS

1kg KARANA™ Shreds	2g black garlic salt
4 tbsp sesame oil	1 tbsp rice vinegar
1/2 cup Asian pear puree	1 tsp cornflour (dissolved in 1 tbsp of water)
1g chopped leeks (or 5g onion powder)	1 large red onion, sliced lengthwise
5 tbsp gochujang paste	salt and pepper to taste
4 tbsp soy sauce	black & white sesame seeds
2-3 tsp brown sugar	chopped spring onions for garnish
4g garlic powder (or 1 tbsp minced garlic)	

##### METHOD

1. Make the marinade by mixing the sesame oil, Asian pear puree, leeks, gochujang, soy sauce, sugar, black garlic salt, garlic powder, ginger powder, rice, vinegar, salt and pepper.
2. Add the KARANA™ Shreds to it. Mix well, seal, and let sit for at least 2 hours.
3. Heat oil in pan.
4. Combine the marinated KARANA™ Shreds and the sliced onion.
5. Fry until it chars well.
6. Garnish with black & white sesame seeds, chopped spring onions.

#### Whole-plant based Char Siu

##### INGREDIENTS

1kg KARANA™ Shreds  
400g vegetarian char siu sauce  
3 tbsp vegetable oil

##### METHOD

1. Mix all the ingredients well.
2. Spread on sheet pan
3. Layer the shreds 1-1.5cm thick.
4. Bake for 15 minutes at 230°C.
5. Option to finish under the grill to add char.
6. Be careful to not overcook and dry out the meat.
7. Garnish and serve.

**NEED HELP?**

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