



FORMULA 01-1081

# Mushroom Balls

*with Benecel™ A4M modified cellulose*

This mushroom ball formulation is both vegan and gluten free. These are good meatball substitutes that can be served as appetizers or with spaghetti and sauce. Chickpea and textured soy protein provide protein, while mushroom and oats are good sources of fiber. The addition of Benecel modified cellulose binds ingredients together during shaping. Upon heating, the thermal gelation property of Benecel modified cellulose also provides a meat-like firm texture and bite when eating.



| Ingredients                                 | % weight |
|---|----------|
| Mushrooms, canned, unsalted, finely chopped | 27.4     |
| Canned chickpeas, pureed                    | 13.7     |
| Quick oats                                  | 15.07    |
| Dried parsley                               | 0.13     |
| Black pepper                                | 0.13     |
| Salt  | 1.1      |
| Onion powder                                | 0.68     |
| Garlic powder                               | 1.1      |
| ADM Arcon® T U-172 Textured soy protein     | 6.85     |
| Canola oil                                  | 5.48     |
| Water                                       | 27.4     |
| Benecel™ A4M modified cellulose             | 0.96     |
| Total                                       | 100      |

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## Procedure

1. Drain the mushrooms and process in a food processor until finely chopped.
2. Drain the chickpeas and process in a food processor until smooth.
3. Use cheesecloth to squeeze out most of the water in chopped mushroom.
4. In a separate bowl, weigh out the Benecel™ A4M modified cellulose, textured soy protein, oats, dried parsley, black pepper, salt, onion powder and garlic powder. Stir by hand to completely combine.
5. Mix dry ingredients, canola oil, water, chickpea puree and squeezed mushrooms well.
6. Allow to rest at ambient temperature for 10 minutes.
7. Form into small balls (around 25g each) and place on a baking pan.
8. Freeze mushroom balls for 30 minutes to allow full hydration of the Benecel A4M modified cellulose.
9. Spray some oil on baking pan and the top of mushroom balls. Bake in a preheated oven at 215°C (425°F) for 13 minutes.