



FORMULA 01-1087

Mushroom Tots
with BeneceI™ A4M modified cellulose

This mushroom tot formula is vegan. These could be a replacement for tater tots. Serve them as appetizers or a side dish to help children increase fiber and protein in their diets. The combination of both wheat protein and pea protein provides not only a plant-based protein source, but also a ground meat-like texture. The addition of BeneceI modified cellulose binds ingredients together during formation. Upon heating, the thermal gelation property of BeneceI modified cellulose also gives cohesive and firm texture.



Ingredients	% weight
Mushroom, canned, unsalted	79.79
Pea protein isolate	5.94
ADM Whetpro® 80 wheat protein	6.69
Garlic, minced (dried or fresh)	2.38
Onion, minced (dried or fresh)	1.78
Salt	1.19
Chili powder	1.19
BeneceI™ A4M modified cellulose	1.04
Plain breadcrumbs for coating	As needed
	100.00

Procedure

1. Drain the mushroom and process in a food processor until finely chopped.
2. In a separate bowl, weigh out the BeneceI™ A4M modified cellulose, pea protein, wheat protein, minced onion, minced garlic, salt, and chili powder. Stir by hand to well combine.
3. Add dry ingredient mixture to finely chopped mushroom and mix well.
4. Allow to rest at ambient temperature for 10 minutes.
5. Form into tot shapes (around 10g each), roll in plain breadcrumbs.
6. Freeze mushroom tots for 30 minutes to allow full hydration of the BeneceI™ A4M modified cellulose.
7. Fry in a preheated fryer at 175°C (350°F) for 80 seconds or until desired golden color. Make sure the internal temperature reaches 72°C (160°F).

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Notes

1. For various textures, ADM Whetpro® 80 wheat protein can be replaced by the same amount of ADM Arcon® T U-172 textured soy protein.
2. This formula can also be shaped into meat balls (around 25g each) without breadcrumbs coating and baked at 215°C (425°F) for 15 minutes.