



# PLANT-BASED GALINHADA WITH CHEF INGRETH KASTORSKY

## IFF FEATURED INGREDIENTS

SUPRO® TEX 7110  
IFF Chicken Flavor

## INGREDIENTS

Chopped Onion  
Chopped Garlic  
Dedo De Moça (Brazilian  
Pepper)  
Cumin Powder  
Fresh Cilantro  
Paprika Powder  
Turmeric Powder  
Fresh Ginger  
Butter  
Black Pepper  
Coriander Powder  
Sweet Tomato Chopped  
Water  
Bay Leaf  
Rice  
Sweet Red And Yellow Pepper  
Chopped In Medium Cubes  
Olive Oil  
Fresh Marjoram  
Salt

## PROCESS

Add in a pestle “pilão”, garlic, dedo de moça pepper, cumin, paprika, turmeric, ginger, black pepper, coriander, flavors and salt.

Beat until it turns into a thick paste, divide into 2 parts. Use one part of paste to seasoning the protein (chicken) SUPRO® TEX 7110.

Marinate for about 3 hours.

In a pan add olive oil, chopped onion, marjoram, bay leaf and the reserved spice paste; fry a little then add the rice and cover with water. Cook until the rice gets soft. Reserve.

In a large pan, add the butter and fry the chicken protein until golden brown. Add the sweet tomato, sweet red and yellow peppers and water until the protein gets soft and is fully cooked.

Mix the cooked rice with the Protein. If needed, add more water to moisten.

Add the fresh cilantro and salt if necessary.



# PLANT-BASED PERNIL WITH CHEF JOE SCOTT

## IFF FEATURED INGREDIENTS

IFF SUPRO® MAX 5050  
IFF Pork Type Flavor  
IFF Hickory Flavor

## INGREDIENTS

Water  
Oil  
Black Pepper  
Salt

## PROCESS

Add the Supromax to a vacuum tumbler.

Combine the remaining ingredients and mix well.

Add to the tumbler and marinate for 45 minutes.

Remove from the tumbler, add to a vacuum bag, pull a full vacuum and steam cook for 60 minutes.

Cool then shred, leaving some varied large and small pieces.

Add some oil to a nonstick skillet and sauté the vegan pork until brown and crispy on the edges.

Serve hot along with the Mojo Criollo and the Arroz con Gandules. Garnish with cilantro.