

FOOD

VIDOFIBRES PRO®

Functional blends with VIDOFIBRES & VIDO GUM PRO for vegetable food and processed meat.

Benefits

Reduction of frying/cooking loss.
 Process-stable water binding, not affected by freezing or heating.
 Positive effects on appearance, binding, texture and juiciness.
 Synergy effect between VIDOFIBRES BF/AF and VIDO GUM PRO.
 Natural ingredients, free from gluten and allergens (organic variety also available).
 Adds healthy fibres and essential amino acids.

VIDOFIBRES PRO-V

Based on a higher ratio of protein vs fibres to add binding properties and essential amino acids.

Both VIDO GUM PRO and VIDOFIBRES reduce frying loss and assist in keeping the vegetable's nutritional juices in the food, and the insoluble fibre adds texture. The recommended dosage of **VIDOFIBRES PRO-V** is 5-6% depending on the kind of vegetables used in e.g. veggie burgers.

Vegetarian / vegan processed food



Vegetarian / Vegan patties - recipe

Yellow peas, cooked	35%
Carrots	15 %
Corn, cooked	13 %
Red beet	12 %
VIDOFIBRES PRO-V	10 %
White beans, cooked	6 %
Water	5 %
Salt/pepper/dried onions	2 %
Frying Oil	2 %



Process:

Mix peas, red beet, corn and beans for 1 minute in Stephan mixer. Then add grated carrots to the mix. Finally add spices, water and **VIDOFIBRES PRO-V** and mix all in a bowl.

Additional water might be necessary as the blend can become rather dry.

VIDOFIBRES PRO-M

Based on higher ratio of fibres vs protein.

Use rate depending on meat origin and quality. Pork might require a higher dosage than beef.

The recommended dosage is 3 - 5% of **VIDOFIBRES PRO-M**.

Helps to reduce frying losses and maintain juiciness in burgers, meatloafs, sausages.

Cost efficient and nutritious with protein, soluble and insoluble fibre.

Processed meat



Basic Meatloaf - recipe

Minced meat	500 g
Egg	1
VIDOFIBRES PRO-M	30 g
Water	200 ml
Potato flour	1 tsp
Salt	1.5 tsp
White pepper	2 pinches

Process:

Mix **VIDOFIBRES PRO-M** and water in a bowl and let rest for 10 minutes. Add the remaining ingredients and stir well.

Variations:

- Meatballs: Add 2-3 tbsps. grated onion.
- Hamburger steaks: Serve with fried onions and gravy.
- Prune burgers: Add 15 g finely chopped parsley and 200 g finely chopped prunes.
- Bacon burgers: Shape into hamburger steaks and wrap in a rasher of bacon.
- Swiss burgers: Shape into 8 thin hamburger steaks and place a slice of cheese and a slice of ham between two steaks.