

# RED ARROW INTERNATIONAL Culinary Creations

## Grillin' SC Oil™

### Flavor Description:

A clean and light chargrilled note with a mild, meaty component.

## Vegetable Burger



Yield: 828 gm. Serving: 5 burgers-166 gm. each

### FORMULA: \*

<b>Ingredients:</b>	<b>Oz.</b>	<b>Lbs.</b>	<b>Grams</b>	<b>% weight</b>
<b>Grillin' 7073</b>	<b>0.04</b>	<b>0.0</b>	<b>1.22</b>	<b>0.15%</b>
Quinoa, cooked	7.05	0.4	200.0	24.14%
Brown rice, cooked	1.00	0.1	200.0	24.14%
White rice, cooked	7.05	0.4	200.0	24.14%
Red bell peppers; dried, small dice	0.35	0.0	10.0	1.21%
Green bell peppers; dried, small dice	0.35	0.0	10.0	1.21%
Onion powder	0.53	0.0	15.0	1.81%
Garlic powder	0.25	0.0	7.0	0.85%
Salt	0.32	0.0	9.0	1.09%
Black pepper, ground	0.04	0.0	1.0	0.12%
Thyme, ground	0.01	0.0	0.3	0.03%
Rosemary, ground	0.02	0.0	0.5	0.06%
Potato flakes	1.41	0.1	40.0	4.83%
Egg whites	4.74	0.3	134.4	16.22%
<b>Total</b>	<b>23.16</b>	<b>1.4</b>	<b>828.4</b>	<b>100.00%</b>

### Method of Preparation:

1. Preheat oven to 177°C.
2. Combine the quinoa, brown and white rice.
3. Add **Grillin' SC Oil**, green peppers, red peppers, onion powder, garlic powder, salt, black pepper, thyme, rosemary and potato flakes.
4. Add egg whites and mix well.
5. Form into 166 gm. patties. Spread out on a greased sheet pan and bake for 12 minutes.
6. Serve immediately or cool and reheat using desired method.

### Serving suggestion:

Serve as you would a traditional hamburger with or with the additional condiments.

### Research Chef Evaluation of Grillin' SC Oil:

A meaty, light chargrilled component is added to this vegetarian burger when **Grillin' SC Oil** is incorporated.

\* Developed by Red Arrow Culinary Specialists