FLAVOUR LAB (FLAVLAB)

11/18/2022 12:20:21

2022.3 Fried Chickpea

Shelf Life:

Ingredients	Batch Sizing			
	Amount	Double	Triple	Half
BEAN GARBANZO CHICK	2.840L	5.68L	8.52L	1.42L
PFO OIL CANOLA JIB ANT	100.000 ml	200.0 ml	300.0 ml	50.0 ml
2022.3 Smoked Paprika Ru	30.000g	60.0g	90.0g	15.0g
	1000 000 g	2000.0 q	3000.0 a	500.0 a

Recipe Instructions:

- 1. Save the chickpea water
- 2. Strain chickpeas using a strainer and rinse with water
- 3. Fry chickpeas in the deep fryer at 350F for about 5 minutes, or until crispy
- 4. Immediately toss in a bowl with smoked paprika rub (fries seasoning) then transfer into a tray with a parchment paper
- 5. Once cooled, transfer into an insert

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