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"BETTER-FOR-YOU" SAVOURY SNACKS

## Prawn Cracker

*Delicious alone or paired with dipping sauces, this beloved Indonesian cracker is perfect for mid-day snack attacks. U.S. whey permeate reduces sodium and enhances the irresistible prawn taste.*



# PRAWN CRACKER

Ingredients	Control	With Permeate
	Wt (g)	Wt (g)
<b>U.S. Whey Permeate</b>	-	<b>2.1</b>
Tapioca Flour	186.8	186.8
Hot water, 90 to 100°C	186.9	186.9
Frozen prawn, thawed	96.0	96.0
Salt	8.3	6.3
Sugar	12.5	12.5
Monosodium Glutamate (MSG)	4.5	4.5
Prawn Flavour	5.0	5.0
<b>Total</b>	<b>500</b>	<b>500</b>

## Frying Instruction

1. Fry the prawn crackers at 180°C for 10 to 15 seconds.

## Preparation of Ready-To-Fry Prawn Cracker

1. Mince the prawn into paste form and add the prawn paste into tapioca flour. Blend well.
2. Add some hot water to dissolve salt, sugar, MSG and whey permeate completely.
3. Add the solution, remaining water and prawn flavour into the mixture. Blend until well mixed.
4. Fill the mixture into heat-resistant plastic casing with width of 4.7 cm and length of approx. 30 cm.
5. Seal the casing, tying the sealed end tightly to form a cylindrical shape.
6. Steam at 90°C for 1.5 hours and allow the dough to chill.
7. Remove the casing from the dough and allow to dry at 40°C for 3 hours.
8. Place the dough in chiller for at least 2 hours to further set the dough for easy slicing.
9. Slice the dough with a thickness of approx. 0.15 mm to 0.20 mm per piece.
10. Dry them at 60°C for 2 hours until moisture is at 8.50 to 9.50%.
11. Pack the ready-to-fry prawn cracker and store at ambient conditions.

## NUTRITION CONTENT



Sodium reduction: 17.5%

	Per 100g	
	Control	Permeate
Energy	548.3 kcal	544.5 kcal
Protein	4.1 g	4.3 g
Total Fat	39.5 g	38.3 g
Saturated Fat	5.6 g	5.4 g
Trans fat	0 g	0 g
Cholesterol	30.6 mg	31.6 mg
Total Carbohydrate	45.9 g	47.8 g
Sugar	3.2 g	3.8 g
Dietary Fibre	2.7 g	2.8 g
<b>Sodium</b>	<b>1000.0 mg</b>	<b>825.0 mg</b>



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