

Ingredients

Water, Textured **Soy** Protein (Defatted Soy Flour, Caramel 150), Sunflower Oil, Coconut Oil, Yeast Extract, Pea Protein, Vinegar Powder (262ii), Stabiliser (461), Soy Lecithin, Natural Flavouring, Salt, Fermented Sugar, Vinegar, Beetroot Powder.

Nutritional Info

| | Per Serving | Per 100g |
|--------------|-------------|----------|
| Energy | 1124.1kJ | 899.3 kJ |
| Protein | 14.1 g | 11.3g |
| Fat, Total | 19.1g | 15.3g |
| Saturated | 7.3g | 5.8g |
| Carbohydrate | 11.5g | 9.2g |
| Sugars | 2.3g | 1.9g |
| Sodium | 470.6mg | 376.4mg |
| Fibre | 1.5 g | 1.2g |

Allergens and Sensitivities

Gluten: No
Cereals including wheat, rye, oats, barley, and spelt: No
Milk: No
Eggs: No
Soybeans: **Yes**
Fish: No
Crustaceans: No
Peanuts: No
Onions, Garlic: No
Sesame Seeds: May be present in trace quantities
Tree Nuts: May be present in trace quantities

For further information and advice, email us at info@byronbayburger.com.au or call 02 4022 9466

BYRON BAY BURGER Chef's Notes



What is the Byron Bay Burger?

The Byron Bay Burger is a 100% plant-based burger which has been created by Big Owl Foods in Byron Bay, Northern NSW — famous, of course, for its surfing beaches and laid back alternative lifestyle. The Byron Bay Burger is made from a plant-based meat which we have developed and manufacture ourselves. It shouldn't be confused with a “veggie burger” which may be made from beans or lentils etc and is a very different type of product.

Although plant-based meat may superficially look similar to ground beef, the mechanism for how it binds and cooks is different and worth understanding to ensure you are able to prepare the Byron Bay Burger to its maximum potential. Whereas animal-based ground beef has long protein molecules that link together and cause the meat to stick together, our plant based meat uses long-chain polysaccharides to achieve the same effect. During the cooking process, these molecules stick together—this both binds the burger together and releases fats and moisture, creating both sizzle on the grill and the juicy mouthfeel and bite that customers associate with a meat burger.



Handling and Preparation

The Byron Bay burgers will always come to you vacuum packed and frozen, each patty separated with paper or acetate sheets. They should be placed directly in the freezer on arrival. The frozen patties will keep for 6 months.

We normally recommend cooking the patties from frozen. When frozen, they are easy to handle and will quickly firm up when placed on a hot grill (See cooking notes).

However, if you wish to thaw them ahead of cooking to reduce cooking times, open the pack and separate out all the patties and individually lay out a tray or baking sheet in the cool room overnight or for at least 4 hours. Do not stack or overlap when thawing and do not thaw at room temperature or in a microwave as this will start the cooking process.

The thawed patties will be softer and require more gentle handling until on the hotplate. Once thawed we recommend covering and using within 3 days. Do not re-freeze thawed patties.

Opened packs of frozen patties should be transferred to a plastic box or can be resealed with tape.

Keep 'em cool!

As noted overleaf, as the plant-based meat cooks, the polysaccharides will bind the patty together to create a meat like texture. However, this process will start at a much lower temperature than animal-based meat—it can start at as low as 10C which is why it is important not to leave uncooked patties lying on benchtops. Uncooked patties should be kept in the cool room or freezer at all times (as well as being good hygiene practice of course). If you see patties starting to 'bleed' it means that they are getting too warm and the internal cooking process has started.

Cooking and Presentation

Cooking from Frozen

Cook on a medium heat grill / hotplate, for approximately 5 minutes each side. Flip twice during the cooking process to ensure even cooking and heating. Internal temp should be at least 60C before serving. Covering the patty during the cooking process can reduce heat loss and reduce cooking time.



Cooking From Thawed

Cook on a medium heat grill / hotplate, for approximately 3 minutes each side. Flip once during the cooking process to ensure even cooking and heating. Internal temp should be at least 60C before serving.

Presentation Notes

As with a regular burger, the Byron Bay burger can be dressed and presented as you wish, either in a bun or “naked” with a salad or other sides.

As this product is designed to appeal to “flexitarians” as much as vegans and vegetarians, we encourage customers to include it in the regular menu section (rather than in a separate vegetarian section) and if you have a menu that allows customers to customise their burger, all the options that would work for a beef burger will work for the Byron Bay Burger.

Please note that it is a condition of sale that the menu description must include the name “Byron Bay Burger” and whatever description you use, must not refer to the product as a “veggie burger”. Phrases such as ‘plant-based’, “made from plants” or “made from plant-based meat” are all acceptable and are recognised as the conventional means to describe this type of product.