

# TRISOL RECIPES



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## Recipe with **TRISOL**

### FRY-UPS TRISOL BATTERED

| INGREDIENTS                                         | METHOD                                                                                                                                                                                        |
|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1kg thick flour (Andalusian)<br>300gr <b>TRISOL</b> | <ol style="list-style-type: none"><li>1. Mix both ingredients; sieve the mix to obtain a homogenous texture.</li><li>2. Coat the chosen product in the mixture and fry it at 190°C.</li></ol> |



## Recipe with **TRISOL**

### TRISOL TEMPURA

| INGREDIENTS                                                                                                             | METHOD                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Crunchy Tempura                                                                                                         |                                                                                                                                                                                                                                                                                                                                   |
| 100gr still mineral water<br>65gr plain flour<br>45gr <b>TRISOL</b><br>1gr salt<br>1gr sugar<br>2gr fresh pressed yeast | <ol style="list-style-type: none"><li>1. Place the yeast, the wheat flour, and <b>TRISOL</b>, into a bowl.</li><li>2. Add the water in small quantities, slowly, while mixing continuously and softly to prevent plain protein development.</li><li>3. Add salt and sugar, mix them and leave it on the fridge for 24h.</li></ol> |



## Recipe with **TRISOL**

### COUPAGE OF OILS FOR FRY-UPS

| INGREDIENTS                                                  | METHOD                                        |
|--------------------------------------------------------------|-----------------------------------------------|
| Tempuras                                                     |                                               |
| 1l palm oil<br>1l oil 0,4 °                                  |                                               |
| Fried fish                                                   | 1. Mix the oils, heat it up to 180°C and fry. |
| 1,5l extra virgin oil<br>500gr virgin oil extra 100 % Picual |                                               |