



plenish[®]

The Re-Invention of Soybean Oil

INTRODUCING

Plenish[®] High Oleic Soybean Oil

Providing Solid Yields and Agronomics for Growers,
Functional Benefits for the Food Industry and Industrial
Sector, and Enhanced Benefits to Consumers.

DUPONT

 **PIONEER.**



Plenish® high oleic soybean oil offers functional and consumer benefits with improved performance and broader applications than other available edible oils to help meet the food industry's need for a soy-based trans fat solution.

PLENISH® HIGH OLEIC SOYBEAN OIL

- Oleic content of more than 75%, similar to olive oil
- 20% less saturated fat than commodity soy oil and 75% less than palm oil
- Linolenic content of <3% (versus 7% for commodity soy oil) for greater oil stability

VISIT WWW.PLENISH.COM TO LEARN MORE ABOUT THIS EXCITING PRODUCT!

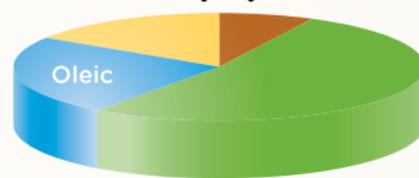
♦ Plenish® high oleic soybeans and oil offer functional and end-user benefits. No nutritional or health claims are expressed or implied.

SOYBEAN OIL PROFILE

Plenish® High Oleic Soybean Oil



Commodity Soybean Oil



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**Chocolate
Chip
Cookies**

Enhanced oil performance with

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- Linolenic content of less than 3% for better oil stability

Chocolate Chip Cookies



CHEF TIPS

If the dough is refrigerated before forming balls, the cookie will "puddle" and keep its shape.

For additional information on Plenish® high oleic soy visit www.plenish.com.

INGREDIENTS

1¹/₄ c flour
1 t baking soda
1/2 t salt
1¹/₄ c quick-cooking oats

3/4 c Plenish® high oleic soybean oil*
1/2 c granulated sugar
3/4 c brown sugar

2 t vanilla
1 egg
1 c chocolate chips
1 c dried cranberries

1. Preheat oven to 375° F
 2. Sift first four ingredients together, set aside
 3. In a large mixing bowl, beat oil and sugars together until well mixed
 4. Add vanilla and egg, beat well
 5. Add sifted dry ingredients to creamed mixture, mix well
 6. Add chocolate chips and dried cranberries, mix well
 7. Take a tablespoon of dough and roll into ball
 8. Place each ball 2" apart on an ungreased cookie sheet
 9. Bake in preheated oven 8 - 10 min.
 10. Remove cookie sheet from oven and place cookies on cooling rack
- Yield: Approximately 3 dozen cookies.
* May substitute vegetable oil.





**Country
Biscuits &
Gravy**

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Country Biscuits & Gravy



CHEF TIPS

Two great ways to add even more flavor are to add a dash of hot sauce or fresh chopped sage.

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INGREDIENTS

1 lb Sausage
12 ea Biscuits

1/4 c Plenish® high oleic soybean oil*
1/3 c Flour

6 c Milk
Salt & Pepper to taste

1. Begin by placing sausage into a medium, thick bottom pan and begin to cook over medium heat until fully cooked.
 2. Preheat oven to 375° F to bake your favorite biscuits and set aside until gravy is finished.
 3. After the sausage is cooked, add Plenish oil and flour and continue to cook for 3-5 min. until you can smell the flour browning.
 4. Slowly begin to add milk while stirring with either a spatula or whisk to prevent lumps.
 5. After milk is added, season with salt and pepper to taste and serve over fresh baked biscuits for a delicious breakfast.
- Yield: 7 cups of gravy
* May substitute vegetable oil.





Apple,
Walnut &
Blue Cheese
Salad with
Grilled
Chicken

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Apple, Walnut & Blue Cheese Salad with Grilled Chicken

plenish

CHEF TIPS

Try different types of apples and blue cheeses to find your own favorites.

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INGREDIENTS

2	Boneless, skinless chicken breasts	1 T	Honey	1 ea	Granny Smith apple
1/3 c	Apple cider vinegar	2/3 c	Plenish® high oleic soybean oil*	1/4 c	Walnuts, toasted
2 T	Dijon mustard	4 c	Romaine lettuce, chopped		
		4 oz	Blue cheese, crumbled		

1. Begin by cooking 2 boneless, skinless chicken breasts until done but still juicy and set aside in the refrigerator to cool.
2. In a small bowl combine apple cider vinegar, mustard, and honey and stir well.
3. Next, slowly begin to add Plenish oil so all ingredients are mixed well, then set the dressing aside.
4. After lettuce is washed and cut, combine one tablespoon of dressing with every c of chopped romaine lettuce, blue cheese, apple, and walnuts and toss until well combined. Taste for seasoning and add salt if necessary.
5. Finally, slice chicken breast into strips, place over salad and serve.

Yield: 4 appetizer salads or 2 entrées

* May substitute vegetable oil.

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**Southern
Fried Green
Tomatoes**

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Southern Fried Green Tomatoes



CHEF TIPS

Serve with a side of whole grain mustard mayonnaise for a great dipping sauce.

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INGREDIENTS

2 c Plenish® high oleic soybean oil*

2 ea Green tomatoes

1 c Buttermilk

1/4 t Cayenne pepper

1 t Kosher salt

1/2 c All purpose flour

1 t Pepper

1/2 c Coarse corn meal

1. Begin by heating Plenish oil in a deep frying pan or skillet over medium heat until 350-360° F.
2. In a mixing bowl, combine sliced green tomatoes, buttermilk, and cayenne pepper; let soak for 10-15 min. while the oil heats.
3. After oil is up to temperature, combine salt, flour, pepper, and cornmeal in a bowl and set aside.
4. Drain each slice of tomato and bread by moving through the flour and cornmeal mixture.
5. Gently place the slices of breaded green tomatoes into the oil and fry until golden on each side; about 3 min. per side.

Yield: 10 slices of fried green tomatoes.
Serve as an appetizer for 4 people.

* May substitute vegetable oil.



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**Chopped
Salad with Soy
Vinaigrette**

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Chopped Salad with Soy Vinaigrette



CHEF TIPS

Save the extra vinaigrette for another salad or even use over cooked chicken as a marinade.

INGREDIENTS

1/3 c White wine vinegar

2 T Dijon mustard

1 T Honey

2/3 c Plenish[®] high oleic soybean oil*

4 c Lettuce, washed

1 ea Cucumber, sliced

12 ea Cherry tomatoes, halved

4 ea Radish, cut fine

Salt To taste

1. In a bowl, combine vinegar, mustard and honey and whisk until well combined.
2. Slowly begin adding Plenish oil while whisking to combine all ingredients well. Season with salt and set aside the vinaigrette for later.
3. After lettuce is washed and cucumbers, tomatoes, and radish are cut, begin to prepare the salad by gently dressing your lettuce with the vinaigrette and adding some of each vegetable.
4. Taste one final time before serving and place onto 4 chilled salad plates to enjoy.

Yield: 4 salads with extra dressing

* May substitute vegetable oil.

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**Savory
Pork
Stir Fry**

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Savory Pork Stir Fry



CHEF TIPS

Sweet chili sauce is available at most local groceries in the Asian food aisle.

INGREDIENTS

2 T	Plenish® high oleic soybean oil*	1 T	Ginger, fresh chopped	1/2 c	Sugar snap peas, cut into thin strips
1 lb	Pork loin, sliced into strips	1 ea	Red bell pepper, cut into strips	1 T	Soy sauce
1 ea	Red onion, sliced thin			1 T	Sweet Chili Sauce
1/2 c	Carrots, shredded				

1. Begin by heating a large sauté pan over high heat until very hot.
2. Next, add Plenish oil to your pan followed by sliced pork. Once the pork is in the pan, do not move it around (so the pork has a chance to caramelize).
3. After 3-4 min. (when pork has some color and is almost cooked), add onions, carrots, ginger, bell pepper, and snap peas. Stir well and finish by adding the soy sauce and sweet chili sauce.
4. After all ingredients are combined, serve over steamed white rice for a delicious meal.

Yield: 4 entrée portions

* May substitute vegetable oil.

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Buttermilk
Pancakes
with Peach
Compote



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Buttermilk Pancakes with Peach Compote



INGREDIENTS

2 c all-purpose flour
2 t baking powder
1 t baking soda
1/2 t salt
3 T sugar

2 large eggs, lightly beaten
3 c buttermilk
4 T Plenish[®] high oleic soybean oil*,
plus extra for cooking
1/4 c brown sugar

3 c peaches, peeled and
cut into wedges
1 t cinnamon
1 c heavy cream
1/2 c powdered sugar

For additional
information on
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oleic soy visit
www.plenish.com.

1. Preheat griddle to 375° F or heat a nonstick or castiron pan over medium-high heat.
2. Whisk together flour, baking powder, baking soda, salt, and sugar in a medium bowl. Add eggs, buttermilk, and Plenish oil and whisk to combine. The batter should have some small lumps.
3. Compote: Combine brown sugar, peaches, and 2 T of water in a medium sauce pan. Cook over medium heat, stirring often, until peaches break down and form a thick, chunky sauce. Sprinkle cinnamon over peaches and stir to combine.
4. Whipped Cream: Beat heavy cream with an electric mixer on medium high speed until thick and forming soft peaks. Sprinkle powdered sugar over cream and continue to beat until very thick and it holds stiff peaks. Refrigerate until ready to use.
5. Brush griddle or pan with Plenish oil. Ladle desired amount of batter into pan about 2 in. apart. When pancakes have bubbles on top and are beginning to brown around the edges, about 2 min., flip them over and cook another min. on the other side.
7. Serve pancakes with peach compote and whipped cream on top.

* May substitute vegetable oil.



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Griddled
Corn Cakes
with Jalapeno
Honey
Butter



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Griddled Corn Cakes with Jalapeno Honey Butter



INGREDIENTS

1 T unsalted butter
2 ears of corn,
kernels cut off
Salt to taste
1 1/2 c all-purpose flour

1 1/2 c coarse yellow
cornmeal
3 T baking powder
2 T sugar
2 t salt
1 c buttermilk

1/2 c Plenish*
high oleic
soybean oil*,
plus extra for
cooking

3 eggs, lightly beaten
1 stick unsalted
butter, room temp.
1 jalapeno, seeds
and ribs removed,
minced

2 T honey
1/2 t salt
1 T basil, finely chopped

For additional
information on
Plenish* high
oleic soy visit
www.plenish.com.

1. Heat butter in a medium skillet over medium-high heat. Add corn kernels and cook until they begin to soften, about 3 min. Season to taste and remove from the heat and set aside to cool.
2. In a large bowl, whisk together the flour, cornmeal, baking powder, sugar, and salt. Pour the buttermilk, Plenish oil, eggs, and 1/2 c warm water in a medium bowl and whisk to combine. Add the buttermilk mixture to the flour mixture and stir until just combined. (Do not over mix.)
3. Heat a skillet or griddle over medium-high heat. Brush lightly with Plenish oil. Pour desired amount of batter onto the griddle about 2 in. apart. Cook about 2 min. on the first side, flipping when golden brown. Cook another min. on the other side.
4. For the jalapeno butter, put the butter, desired amount of minced jalapeno, honey, salt, and basil in a medium bowl. Either with a wooden spoon or with a hand mixer, thoroughly blend all the ingredients together.
5. Spread some butter on top of corn cakes and serve.

* May substitute vegetable oil.



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**Fried
Chicken
Egg Rolls**

by Chef
Ephraim Malag

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Fried Chicken Egg Rolls

by Chef
Ephraim Malag



Edamame Mango Relish

by Chef Ephraim Malag

INGREDIENTS

1 1/2 c orange juice	2 c mango, peeled, seeded, small dice
4 t red wine vinegar	
4 t sugar	1 c green onion, finely diced
2 c shelled edamame, cooked according to package directions	1/2 c red bell pepper, finely diced
	2 t Plenish [®] High Oleic Soybean Oil* Salt & pepper to taste

1. In a small sauce pan, add orange juice, red wine vinegar, and sugar. Bring to a boil, turn down to a simmer. Simmer until mixture is reduced by half. Cool.
2. In a large bowl, add remaining ingredients and mix well. Season with salt and pepper.
3. Add orange juice reduction, mix.
4. Refrigerate for 2-3 hours to allow flavors to develop. Use as an accompaniment to eggroll.

Yield: 8 servings

INGREDIENTS

1 lb chicken, cut into strips	1 q Plenish [®] High Oleic Soybean Oil for frying*	2 T water
1 t ground ginger		2 c shredded cabbage
1 t garlic powder	2 T all-purpose flour	8 (7" square) egg roll wrappers

1. Season chicken with ginger and garlic powder and mix thoroughly. Heat mixture in a medium skillet, stirring, until chicken is cooked through. Set aside.
 2. In another large skillet, heat Plenish oil to about 375°F or medium high heat.
 3. While oil is heating, combine flour and water in a bowl until they form a paste. In a separate bowl combine the cabbage and the reserved chicken mixture. Mix all together.
 4. Lay out one egg roll skin with a corner pointed toward you. Place about a 1/4 to 1/3 c of the cabbage and chicken mixture on an egg roll paper and fold corner up over the mixture. Fold left and right corners toward the center and continue to roll. Brush a bit of the flour paste on the final corner to help seal the egg roll.
 5. In a skillet set over moderately high heat, heat the remaining oil and sauté the egg rolls until golden brown on all sides, using tongs to turn them.
 6. Serve when cool enough to eat with Edamame Mango Relish.
- Yield: 8 servings
* May substitute vegetable oil.

For additional information on Plenish[®] high oleic soy visit www.plenish.com.



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**Panko
& Soy Nut
Cruised Pork
Chops**



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Panko and Soy Nut Crusted Pork Chops

by Chef
Ephraim Malag



Edamame, Tomato and Basil Relish

by Chef Ephraim Malag

INGREDIENTS

- | | |
|---|---|
| 1 small tomato, seeded and cored, chopped into small pieces | 2 oz Plenish [®] high oleic soybean oil* |
| 2 large basil leaves, finely chopped | Salt and pepper to taste |
| 1/4 c edamame, cooked according to package directions | 3 stalks asparagus, steamed until crisp tender |

1. In a small sauce pan, add tomato, basil, edamame and oil. Over low heat cook for 10 mins.

2. Season to taste. Serve with pork chop. Garnish with asparagus.

Yield: 1 serving

INGREDIENTS

- | | | |
|--------------------------|-------------------------------|--|
| 1/4 c flour | 1/2 c soynuts, finely chopped | 1 pork chop, bone in or boneless, 3/4" thick |
| Salt and pepper to taste | 1/4 t thyme | 2 T Plenish [®] High Oleic Soybean Oil* |
| 1 egg, beaten | 1/4 t ground sage | |
| 1/2 c panko bread crumbs | | |

1. Preheat oven to 400° F. In a wide shallow bowl, add flour, salt and pepper.
 2. In another bowl, add egg.
 3. In another bowl, add bread crumbs, soynuts, thyme and sage.
 4. In order, lightly flour chop, then dip in egg, then lightly coat in bread crumbs and soynuts.
 5. In sauté pan, add oil, heat until hot (add a few drops of water and if it sizzles, oil is hot enough). Add chop and sauté on each side until golden brown.
 6. Put into oven, pan and all (if handle is not heat resistant wrap in foil).
 7. Cook to temperature of 140-145° F.
 8. Remove from oven. Cover with foil.
 9. Rest for 5 mins. Serve with Edamame, tomato and basil relish.
- Yield: 1 pork chop
* May substitute vegetable oil.

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**BBQ Pork
& Pepper
Jack Cheese
Quesadillas**
with Guacamole



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BBQ Pork & Pepper Jack Cheese Quesadillas with Guacamole



Guacamole

INGREDIENTS

1	Avocado	Hot pepper sauce to taste
1	small Roma tomato, seeded and diced	1 t Plenish [®] High Oleic Soybean Oil*
2	Scallions, thinly sliced	1 t Salt
1	clove Garlic, minced	1/2 t Black pepper
1	T Lime juice	Chopped cilantro for garnish

1. Peel and seed the avocado and mash with the diced tomato, scallions, garlic, lime juice, hot pepper sauce, Plenish oil, salt, and pepper.

Yield: 1^{1/2} Cups

INGREDIENTS

8	6" flour tortillas	1/2 c	Barbecue sauce	Plenish [®] High Oleic Soybean Oil as needed for griddle*
2	c Pork shoulder, cooked and shredded	1	c Pepper jack cheese, shredded	

1. Lay tortillas flat on work surface.
2. Combine shredded pork, barbecue sauce, and shredded cheese in a medium bowl and thoroughly mix.
3. Divide mixture evenly between four of the tortillas. Place remaining four tortillas on top of the filling.
4. Heat a griddle or nonstick sauté pan over medium heat and brush with Plenish oil.
5. Cook quesadillas until toasted and golden brown on the first side, about 2 mins. Flip and cook another 2 mins until the other side is golden brown, the filling is hot, and the cheese is melted. Allow to cool slightly.
6. Cut each quesadilla into quarters and serve with a dollop of guacamole and sprinkle with chopped cilantro.

Yield: 4 quesadillas

Portion Size: 1 quesadilla with 1/4 - 1/3 cup guacamole

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Sliders
with
Caramelized
Onions &
Chipotle
Aioli



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Sliders with Caramelized Onions and Chipotle Aioli



INGREDIENTS

Caramelized Onions:

- 2 large yellow onions, thinly sliced
- 2 T Plenish[®] High Oleic Soybean Oil*
- 1 t Salt
- 1/2 t Black pepper
- 2 t Fresh thyme, chopped

Chipotle Aioli:

- 1 Whole egg
- 1 Egg yolk
- 1 Garlic clove, chopped
- 1 Canned chipotle in adobo, chopped
- 1 T Adobo sauce from chipotle can
- 2 c Plenish[®] High Oleic Soybean Oil*
- Black pepper & Salt to taste

Sliders:

- 1 lb Ground beef
- 1 t Salt
- 1/2 t Black pepper
- 2 T Plenish[®] High Oleic Soybean Oil*
- 8 Dinner rolls or mini sandwich buns

- Onions:** Heat 2 T Plenish oil in a medium skillet over med-high heat. Add onions, cook until beginning to brown, about 8 min. Stir, lower heat to med-low.
- Cook, stirring occasionally, until onions are soft and golden brown, about 20 min. Season with salt, pepper, and thyme, set aside.
- Aioli:** Combine whole egg, egg yolk, garlic cloves, chipotle pepper and adobo sauce in a blender or in a mixing bowl. Blend on high or whisk until well blended.
- While blending/whisking, pour in the Plenish oil very slowly until the oil is absorbed. Season aioli with salt and pepper.
- Sliders:** Divide meat evenly into 2 oz portions and shape into patties. Sprinkle with salt and pepper.
- Heat 2 T Plenish oil in a large skillet. When hot, add sliders and cook 2-3 min. on each side.
- To complete, slice rolls open and spoon caramelized onions on the bottom of each roll. Place burger on top, drizzle with chipotle aioli, and replace top bun.

Yield: 8 sandwiches

* May substitute vegetable oil.

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French
Toast with
Orange
Berry
Sauce



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French Toast with Orange Berry Sauce



INGREDIENTS

1 c Half and half
3 Eggs
2 T Sugar
1/2 t Vanilla extract
1/2 t Cinnamon

1/8 t Nutmeg
Pinch Kosher salt
8 Day-old challah or brioche,
1/2 inch slices
Plenish[®] High Oleic Soybean Oil*, as needed

2 c Fresh assorted berries
2 T Honey
Orange zest, from one orange
1 T Orange juice

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1. In a medium mixing bowl, whisk together the half and half, eggs, sugar, vanilla extract, cinnamon, nutmeg and salt until well combined. Transfer this mixture to a pie plate or baking dish.
2. Preheat a griddle or large nonstick pan over medium heat. Drizzle lightly with Plenish[™] High Oleic Soybean Oil.
3. Dip each slice of bread into the custard for 20 to 30 seconds per side. Let the excess custard drip off before placing the slices on the griddle or in the pan.
4. Cook for 3 to 4 mins per side until crispy and golden brown.
5. While the French toast is cooking, mix together the berries, honey, orange zest, and orange juice in a small saucepan. Cook over medium heat, stirring often, until the berries begin to break down. This should take 5 to 7 mins.
6. Spoon some of the berry sauce over the French toast and serve.

Yield: 8 slices and 1 1/2 cups sauce

Portion Size: 2 slices, 1/3 to 1/2 cup sauce

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Bratwursts
with
Caramelized
Onions and
Peppers



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Bratwursts with Caramelized Onions and Peppers



INGREDIENTS

1 T Plenish[®] High Oleic Soybean Oil*
1 lg Yellow onion, thinly sliced
1 Green bell pepper, thinly sliced

1 T Fresh thyme, chopped
Kosher salt, to taste
Freshly ground black pepper, to taste
1/2 c Amber beer

1 T Plenish[®] High Oleic Soybean Oil*
4 Fully cooked bratwursts
4 Bratwurst buns

For additional information on Plenish[®] high oleic soy visit www.plenish.com.

1. Heat 1 T of Plenish[®] High Oleic Soybean Oil in a large skillet over medium-high heat.
2. Add the onion, green bell pepper, and thyme and cook until the vegetables begin to brown, about 10 mins.
3. Season with salt and pepper. Stir in the beer and bring to a boil. Reduce the heat to a simmer and cook until the onions and peppers are soft and brown. Add more beer if needed.
4. While the onions and peppers are simmering, preheat a griddle or large sauté pan over medium-high heat.
5. Add 1 T Plenish[®] High Oleic Soybean Oil.
6. Butterfly the bratwursts open lengthwise. Place them cut-side down on the griddle or in the sauté pan and cook until crispy and browned, 3 to 4 mins. Flip and cook the other side for 3 to 4 mins.
7. Place one bratwurst in each bun and top with the caramelized onions and peppers. Serve with mustard.

Yield: 4 sandwiches

Portion Size: 1 sandwich

* May substitute vegetable oil.



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Puff Pastry
Doughnuts
with Caramel
Apple Sauce



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Puff Pastry Doughnuts with Caramel Apple Sauce



INGREDIENTS

1 T	Plenish® High Oleic Soybean Oil*	1/4 c	Light brown sugar	1 T	Cinnamon
1 T	Unsalted butter	Pinch	Kosher salt		Plenish® High Oleic Soybean Oil,*
2 lg	Granny Smith apples, peeled, cored, and diced	1/2 c	Apple cider		as needed
		1/2 c	Sugar		1 sheet Frozen puff pastry, thawed

For additional information on Plenish® high oleic soy visit www.plenish.com.

* May substitute vegetable oil.

1. Heat Plenish® High Oleic Soybean Oil and butter in a large skillet over medium heat. Add the apples and cook for 5 mins until they soften.
2. Whisk together the brown sugar, salt, and cider in a small bowl and pour over the apples. Bring this mixture to a boil, reduce the heat to a simmer, and cook until the apples are soft and the liquid is reduced and thickened.
3. In a medium bowl, whisk together the sugar and cinnamon. Set aside.
4. Meanwhile, pour Plenish® High Oleic Soybean Oil into a large, deep sauté pan to a depth of about two inches.

Over medium heat, bring the oil to 350°. Use a candy thermometer to check the temperature.

5. Place the puff pastry on a floured work surface. Use a sharp knife to cut the puff pastry into squares. Prick the puff pastry all over with a fork.
6. Carefully drop the puff pastry squares into the hot oil. Fry for 1 to 2 mins per side, until golden brown.
7. Drain the doughnuts and immediately transfer to the cinnamon sugar bowl. Toss gently until the doughnuts are evenly coated. Serve the doughnuts with the caramel apple sauce.



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Fried Green
Tomatoes with
Crab Salad
and Tabasco
Gelee



Enhanced oil performance with

- 0g trans fat
- 20% less saturated fat than commodity soybean oil and 75% less than palm oil
- Oleic content of more than 75%, the highest of any soybean under commercial development and similar to olive oil
- Linolenic content of less than 3% for better oil stability

Fried Green Tomatoes with Crab Salad and Tabasco Gelee



INGREDIENTS

Tomatoes:

- 6 green plum tomatoes, 4 slices per tomato
- 6 oz All purpose flour
- 6 oz each all purpose flour and corn meal mixed together
- 12 oz milk
- 4 whole eggs

Crab Salad:

- 12 oz each lump and colossal crab meat
- 4 oz pasteurized egg
- 4 oz mayonnaise
- 1 lemon juiced and zest
- 1 T Old Bay

- 1 t dry mustard
- 1 oz panko
- 1 red pepper roasted, peeled, seeded, and diced small

Gelee:

- 3 pk agar, 2.5 oz total
- 24 oz V-8 juice
- 2 oz Tabasco

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1. Bread tomatoes by dredging in flour, then egg - milk mixture, and finally in flour and corn meal mixture. Fry till golden brown
2. **Make crab salad**—Mix peppers, juice, zest, mayo, egg, panko, and spices together. Fold in both crab meats.
3. **Make Gelee**—Bring V-8 to a boil, add agar agar, cook for 5 minutes, whisking often. Pour into flat dish, lined with parchment or wax paper.
4. Cool till firm, cut into small dice
5. To plate, top tomatoes with crab salad and one or two gelee cubes. Sprinkle with chopped herb for garnish.

Yield: 12

Portion Size: 2 each

* May substitute vegetable oil.



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