

APPENDIX

7.1 Recipe Revision:

Broccoli Stalk and Cowpea (Black Eyed Beans) Ball

Yield: 24 pcs (2 packs)

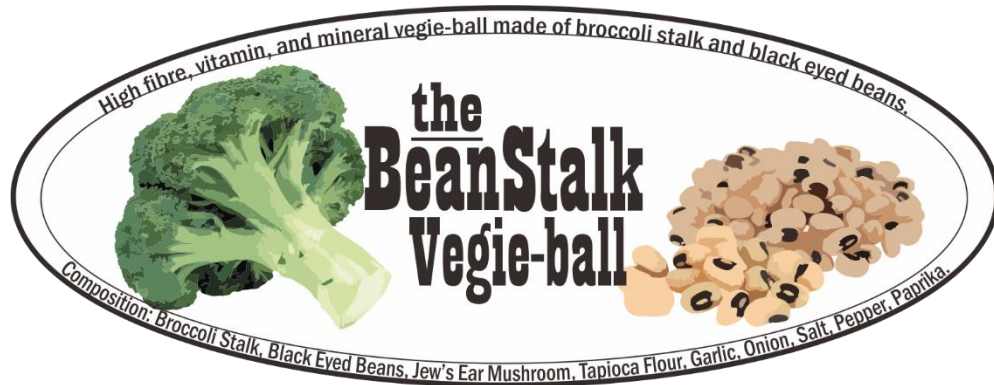
Ingredients:

- 350g Broccoli stalk
- 90g cowpea
- 36g dried Jew's ear
- 80g tapioca flour
- 60g onion
- 30g or 3 cloves of garlic
- 2 tbsp cooking oil
- 1 tsp salt
- ½ tsp white pepper
- 1/3 tsp paprika

Direction:

1. Blanch the broccoli stalk, cowpea, and mushroom. Sautee the onion and garlic.
2. Grind all ingredients.
3. Mix the ground ingredients with tapioca and seasonings.
4. Cook it with au ban marie method until thicken.
5. Shape it into ball.
6. Boil them until floating (2-3 minutes).
7. Steam them for 5 minutes.
8. Immediately put the cooked vegie-ball in ice water.
9. Vegie-ball is ready to be packed.

7.2 Front and Back Label



Picture Appendix 1 Front Label

Nutrition Facts	
Servings Per Pack about 3	
Amount Per Pack	
Calories 405.38	
Total Fat 15g	
Saturated Fat 13.2g	
Trans Fat 0g	
Cholesterol 0g	
Sodium 821mg	
Total Carbohydrate 28g	
Dietary Fiber	
Sugars	
Proteins 8.3g	
Vitamin C 171mg	
Calcium 187mg	
Potassium 911mg	

Customer Service:
(024) 3559-110
 Produced by:
 Serving Suggestion:
 Bolognese sauce, peanut sauce, etc.

Picture Appendix 2 Back Label