

UNLEASH YOUR CREATIVITY WITH

FABLE® PULLED SHIITAKE

- Crafted from real shiitake
- Made for busy kitchens
- Suitable for all cuisines
- Unreal taste & texture
- No artificial ingredients
- No GMO or preservatives



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fable

BREAKFAST

CAFES & BAKERIES

All preparation styles are suitable for any breakfast application. As a topper on dishes, shredded or minced is recommended.



Toasties (sliced)



Shakshuka (whole)



Benedict (shredded)

LUNCH/DINNER

MEXICAN CUISINE

Shredded format works best for pulled meats. Works across the entire menu as a protein option.



SALADS & BOWLS

Whole format works best to stand out as the main protein in the dish. Served warm or cold.



Barbecue



Teriyaki



Miso

BURGERS, WRAPS, SANDWICHES

Shredded format works best for pulled burgers, whole for chunky style and sliced for wraps.



Burger (pulled)



Wrap (sliced)



Sandwich (whole)

STEWS & CURRIES

Whole or pulled format works best. Product should be browned before adding to sauces. If braising, product can be added straight into liquid and simmer for 10 minutes until tender.



Curry



Stew



Bourguignon

NOODLES & STIR FRIES

Sliced or minced format works best for quick-style preparations.



Stir Fry



Flat Noodles



Pad Thai



Ramen



Vermicelli Salad



XO Noodles

ASIAN CUISINE

All preparation styles are suitable for Asian cuisine



Baos



Sushi



Spring Rolls

PIZZA & PASTA

Shredded format works best for pizzas. All preparation styles are suitable for pasta dishes.



Pizza (shredded)



Pasta



Gnocchi (minced)

STARTERS & SIDE DISHES

ANYTHING GOES!

Whole chunks work best for bite-sized dishes. If adding to croquette or arancini, product should be shredded and incorporated into mix.



Crispy Bites



Saucy Bites



Crispy Rice Bites



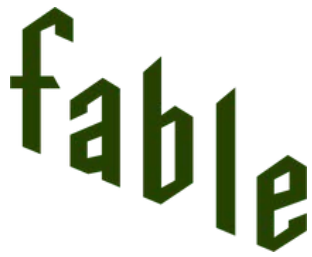
Arancini or Croquettes



Loaded Chips



Skewers



MUSHROOMS REIMAGINED

Wander this way for more

Cooking guidance for Fable® Pulled Shiitake



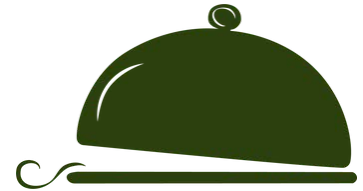
Deep Fryer

1. Heat deep fryer to 180°C / 350°F.
2. Add Fable (whole only).
3. Cook for 1 min in deep fryer.
4. Add dry spice and/or sauce and toss through.



Grill or Pan

1. Heat grill or pan on high. Once hot, add oil.
2. Add Fable (smashed, sliced, shredded, chopped).
3. Cook for 9 mins, add oil as needed.
4. Add dry spice and toss through or add sauce and cook further for 1 min.



Oven

1. Preheat oven to 230°C / 450°F.
2. Add Fable (smashed, sliced, shredded, chopped).
3. If adding sauce, cook for 9 mins or if adding dry spice, cook for 6 mins.

For all methods, serve immediately or place in bain-marie for up to 4 hours.
Alternatively, store chilled/frozen and re-heat to order.

Easy win:

Simply swap the protein from any of your main dishes to Fable® Pulled Shiitake, to deliver the same crave-worthy flavor and format.

