

Shredded Vegetable Suet (Atora)

Pack Size: 200G PKT

Product Description:

Atora vegetable suet can be used in the same way as standard suet and tastes every bit as good. Made from vegetable fats, Atora Vegetable contains no animal products and is thus extremely suitable for vegetarians.

Brand: Atora



Ingredient Declaration: Vegetable Oils (85%) (Sustainable Palm, Sunflower), WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin).

Allergens:

NOT APPLICABLE	N/A
CONTAINS	Cereal, Gluten

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	Yes	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE	N/A
SUITABLE FOR	Vegetarians

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	815 kcal / 3355 kJ
Fat	85.1 g
of which Saturates	49.3 g
Carbohydrate	10.6 g
of which Sugars	0.5 g
Fibre	0.5 g
Protein	1.5 g
Salt	0.01 g

Directions For Use:

ATORA Dumplings 100g self-raising flour Pinch of salt Pinch of white pepper 1tsp dried mixed herbs 70ml (4tbsp) cold water 60g cold Atora Vegetable Suet 1. In a bowl, mix the flour, salt, pepper and herbs with the water to make a wet dough. Add the COLD suet and gently mix through the dough, do not over mix. 2. Divide the dough into 8 pieces and gently shape into balls with floured hands. 3. Place on the

top of a simmering stew or casserole. Cover with a tight fitting lid and cook for 20 minutes. Serve piping hot.

Storage Instructions: This product is susceptible to melting, please keep away from direct sunlight and store in a cool, dry place, for best results, keep the pack refrigerated.

Shelf Life Once Open:

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.