



Longève Nuggets

Makes 10 – 12 nuggets

Ingredients:

2 teaspoons vegetable bouillon powder

1 teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon fine sea salt

¼ teaspoon black pepper

1.5 cups Longève Plain Crumbles

1 egg, beaten

¼ cup cornstarch

¼ cup Longève Breadless Crumbs

Vegetable or olive oil for frying

For Seasoned Breadless Crumb Coating:

½ cup Longève Breadless Crumbs

¼ teaspoon sea salt

¼ teaspoon black pepper

½ teaspoon garlic powder

1/8 teaspoon cayenne pepper (optional)

Method

- Combine bouillon powder, onion powder, garlic powder, salt and pepper in a small bowl. Add 3/4 cups of hot water and stir to dissolve salt. Add Longève crumbles, mix well, and let sit for 5 minutes to rehydrate.
- Transfer rehydrated crumbles to a food processor and pulse about 10 – 15 times to achieve a coarse but uniform texture. Do not over process to a paste.
- Scrape the mixture into a bowl and add the beaten egg, cornstarch and breadless crumbs. Mix thoroughly until all the starch and crumbs are incorporated. Refrigerate mixture for 30 minutes before forming nuggets.

- Meanwhile, combine the ingredients for the Seasoned Breadless Crumb Coating in another bowl.
- Remove crumble mixture from refrigerator. Using a small scoop or tablespoon and lightly wet hands, form mixture into 10 – 12 compact balls.
- Roll each ball into the seasoned crumbs and place on a cutting board or cookie sheet.
- Lightly press each ball to flatten slightly, using your fingers to form nugget-like shapes.
- To cook, heat a generous amount of oil in a heavy skillet. Shallow-fry for about 2 – 3 minutes on each side until golden brown all over. Remove nuggets from oil and transfer to a paper towel-lined plate to absorb excess oil.
- Let nuggets cool slightly before enjoying with your favorite dipping sauce.