



TREHA® USAGE CHART

There are so many ways to benefit from TREHA® in the professional kitchen! Once you're acquainted with this simple-to-use product, you'll love the endless culinary innovation it makes possible.

Here are a few helpful usage suggestions to get you started.

BREAD

Add TREHA® equivalent to 2% to 10% of the weight of flour



- Maintains moist and soft texture
- Low sweetness brings out the characteristic flavors of the bread's ingredients

RICE

When cooking the rice, add TREHA® equivalent to 2% of the weight of uncooked rice. Water is increased by around 5% of the usual quantity.



- Maintains softness and glossiness over an extended time
- Suppresses the smell of rice bran and unpleasant odors that can arise when rice is kept warm

NOODLES / PASTA

Add TREHA® equivalent to 1% to 2% of the weight of flour



- Shortens cooking time and helps stop noodles from becoming overly soft after boiling
- Maintain moisture of fresh noodles

DUMPLINGS

Add TREHA® equivalent to 1% to 3% of the weight of flour



- Maintain moisture of dough

MEAT / FISH

Add TREHA® equivalent to 2% to the weight of meat or fish (sprinkle on the raw meat or add to the seasoning liquid)



- Suppresses unpleasant odors
- Maintain soft and moist texture of meat while cooking

CRUSTACEANS

Add TREHA® equivalent to 2.5% of the weight of cooking water



- With TREHA® added to the cooking water, the body turns a vivid color and the head does not easily darken
- Suppresses unpleasant odors and maintains a tender chewiness

SALAD

Cut the vegetables and soak for 30 minutes in water containing 3% TREHA®



- Helps stop vegetables going limp and preserves their crunchy texture, even over a long time
- Makes salad leaves crunchy, and suppresses browning

BLANCHED VEGETABLES

Add TREHA® equivalent to 2% to 3% the weight of the cooking water



- Vegetables finish up more vividly colored
- Keeps a moderate firmness

TOMATO SAUCES

Add TREHA® equivalent to 1.5% of the weight of all ingredients



- Brings out the flavor of tomatoes and mellows the taste
- The sauce finishes up with a beautiful color

BÉCHAMEL SAUCE

Add TREHA® equivalent to 3.5% of the weight of all ingredients



- The sauce finishes up nice and smooth and the milky flavor is enhanced
- Prevent dripping from sauce after freeze-thaw

MOCHI (Rice Cakes)

Add TREHA® equivalent to 10% of the weight of uncooked sticky rice



- Maintains softness

EGG DISHES

Add TREHA® equivalent to 3% of the weight of the egg



- Gives egg dishes a fine texture, and they finish up nice and fluffy
- Keeps moist texture even after a long time

PASTRY DOUGH (Pâte Brisée)

Add 5% of total weight



- Enhances flaky texture
- Maintains crispiness

LADYFINGERS (Pâte à Biscuit)

Replace 20% of sugar



- Stabilizes meringue
- Enhances light, airy texture
- Maintains softness even after a freeze-thaw cycle

SOUFFLÉ

Replace 30-40% of sugar in meringue



- Enhances airy texture
- Inhibits damage from freezing

POUND CAKE (Pâte à Cake)

Replace 15-20% of sugar



- Enhances soft and moist texture
- Inhibits water-fat separation during preparation
- Inhibits dryness

BAKED CHEESECAKE

Replace 20-40% of sugar



- Enhance smooth texture
- Enhances fresh cheese flavor

CRÊPE

Replace 30-40% of sugar



- Maintains moistness and softness
- Maintains freshly made texture and flavors even after a freeze-thaw cycle

WAFFLE

For a recipe with meringue, replace 30-50% of sugar. For a recipe without meringue replace 20% of sugar.



- Creates moist, yet light texture
- Enhances buttery flavors
- Enhances volume

GANACHE

Replace 20% of sugar



- Improves formability
- Inhibits shrinkage of fillings
- Improves flavor profile

VANILLA ICE CREAM

Replace sugar 15-40%



- Enhances “milky” notes

SORBET

Add 5-8% of the total weight



- Enhances fruit flavors
- Provides smooth texture that scoops easily
- Extends bowl life

CUSTARD CREAM (Crème Pâtissière)

Replace 40% of sugar



- Inhibits water release
- Provides a clean aftertaste
- Enhances “milky” notes
- Depending on application, TREHA* should be added in addition to sugar rather than replacing sugar. The cream should have 40% Brix when it is frozen

WHIPPED CREAM (Crème Chantilly)

6% sugar and 6% TREHA* of cream weight

(Japanese Patent 3362763: Manufacturing Cream Kind by FUJII OIL Co., LTD.)



- Inhibits water release
- Enhances “milky” notes
- Lowers sweetness
- Adds freezing stability

BUTTER CREAM (Crème au Beurre)

Replace 20% of sugar



- Inhibits fat release
- Maintains fresh butter flavor

JAM (Confiture)

Replace 20% of sugar



- Inhibits off-flavors
- Maintains fresh fruits flavors
- Enhances fruit colors

FRUIT COMPOTE

Replace 25-50% of sugar



- Maintains original shapes, fresh flavors and colors

FRUIT CHIPS

Soak in a 40-50% TREHA* solution



- Enhances crispiness
- Inhibits “weeping”
- Maintains fresh fruit flavors and colors

BUTTER COOKIES

Replace 30% of sugar



- Enhances flaky texture
- Maintains crispiness

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