



Eco-Cuisine, Inc.

A Flexitarian® True to Nature Company

Instant Soy Pudding Mix

For additional product information, instructions, and recipes in this document have been prepared by Ron Pickarski, the first plant-based vegetarian chef to be certified as an Executive Chef by the American Culinary Federation. Chef Ron is also an expert in the preparation of traditional cuisine, but specializes in gourmet vegetarian cuisine prepared with plant-based foods.

For preparation assistance, menu development, special product application and technical information please contact Ron Pickarski at ron@eco-cuisine.com or call at (303) 402-0289. Product training videos are on Eco-Cuisine's web page at www.eco-cuisine.com Chef Pickarski will instruct you on how to work with the products and assist your company in integrating this vegetarian product into your menu with minimum effort.



Strawberry Napoleon

Description & Recipe Application/Uses: Eco-Cuisine's Instant Soy Pudding mix is light yellow in color, with a mild vanilla scent and the texture is a fine granulation. By simply adding oil and water the basic dry mix becomes a great tasting, nutritious traditional pudding that is lower in fat than most desserts. Soy or dairy milk may be substituted for an even richer flavor, and there are numerous and varied culinary applications including pastry cream for pie fillings, icings, mousses, cream cake/tort fillings, parfaits, classical desserts, and rice puddings. What is unique about this new pudding mix is that the flavor is delicate enough to complement any added flavors like Chocolate, Lemon, etc., so there is maximum versatility in both the flavor and applications. Bone char free sugar used in the mix. Kosher certified

Soy Pudding Recipe Sampling:

- Vanilla Pudding
- Peanut Butter Mousse
- Mocha Ice Cream
- Coconut Cream Pie Filling
- Chocolate Pudding
- Rice Pudding
- Lemon Ginger Pudding
- Pumpkin Torte
- German Chocolate Icing
- Vegan Meringue

BASIC INSTANT VANILLA SOY PUDDING

4 ounces	Eco-Cuisine Instant Soy Pudding Mix
1½ cups	water
2 Tablespoons	canola oil
1 teaspoon	Vanilla extract, Optional

1. Pour ¾ cup water and vanilla extract, if using, into medium mixing bowl. Add Instant Soy Pudding Mix and mix with paddle on medium speed for 1 minute to incorporate.
2. Add HALF of the remaining water, mix another minute on slow speed. Stop, scrape bowl.
3. Add remaining water, oil and continue mixing for another two minutes on medium speed to develop the pudding's smooth texture and delicate flavor.
4. Cover, cool in refrigerator for 2 hours and serve. Can serve immediately if in a time crunch but best when cool.

Dairy Option: For an extra rich and creamy pudding, replace water with soymilk or low fat milk.