



Eco-Cuisine, Inc.

A Flexitarian® True to Nature Company

REDUCED SODIUM “BEEF STYLE” BROTH POWDER

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.



Beef Style broth powder is used to enhance the flavor of beef style dishes (Seitan and Gr. Beef) and prepare sauces and soups.

Description & Recipe Application/Uses:

Vegetarian “Beef Style” Broth is a blend of vegetables, spices, & natural flavors. The granulation is fine overall &, when rehydrated, is light brown in color. The flavor profile is both savory & sweet. Recipe applications include vegetarian & meat-based sauces, soups (i.e. French Onion), stews, bean dishes (& tofu helper), casseroles, & meat loaves. “Beef Style” Broth is all-natural, vegan/vegetarian, & can be substituted in any recipe application which specifies meat-based beef broth or to add beef-like flavorings. Kosher certified

Broth Recipe Sampling:

- Seitan Pepper Steak
- Savory Beef Style Breaded Tofu
- Bolognese Sauce
- Andalusian Vegetable Cream Soup
- Beef Style Seitan Stroganoff
- French Brown Sauces

Savory Beef-Style Breaded Tofu

Yield: 8 portions

¼ cup	Unbleached white flour
¼ cup	High-gluten flour
½ cup	Eco-Cuisine Vegan Beef-Style Broth Powder
2 pounds	Extra firm tofu
½ cup	Canola oil

1. Blend flours and Vegan Beef-Style Broth Powder together until evenly dispersed.
2. Slice tofu into 16 two-ounce pieces. Slice each block in half, quarters, and, finally, 1/8th pieces.
3. Rinse tofu and let drain for at least 5 minutes.
4. Toss tofu into the breading mixture and let sit for about 2-3 minutes. Remove from coating mixture and shake to remove excess.
5. Preheat large sauté pan on medium heat with half of the oil. Place half of the tofu in pan and sauté until lightly browned (about 3-5 minutes). Flip and brown in same manner. Remove from pan. Add remaining oil and repeat procedure with remaining tofu.
6. Serve with a sauce of your choice.