



A Flexitarian® True to Nature Company

## Reduced Sodium “Chicken Style” Quick Mix Dry Mix Product Information (Vegetarian)

**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](mailto: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](http://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.



“Chicken Style” Cacciatore

**Description & Recipe Application/Uses:** Eco-cuisine’s RS “Chicken Style” Quick Mix is all-natural & the dry mix has an off-white color & the scent of chicken. By simply adding water & oil to the basic mix (plus any desired combination of savory flavoring ingredients, pre-cooked whole grains, and/or beans), then mixing, forming, & cooking, the result is a reduced-fat & sodium, plant-based, meat substitute with the rich flavor, texture & color of cooked chicken. Applications include cold cuts, chicken loaves, burgers, Cacciatore, Piccata, à la King, Stuffed “Breast”, Pistachio Crusted, etc., & the variations are limited only by the chef’s creativity. This product is freeze-thaw stable when prepared & has a shelf life of 5-7 days when cooked & stored as directed. This protein can be substituted for chicken in all recipes and menus. Kosher certified

### Recipe Index Sampling:

- Chicken Pot Roast/Steam Method
- Arroz Con Pollo
- BBQ Chicken with Caramelized Onions
- Chicken Le Coq Au Vin
- South Western Three Bean Loaf
- Chicken Tikka Masala
- Chicken Avocado Wrap
- Chicken Buffalo Wings
- BBQ Chicken with Beans and Caramelized Onions (On a Bun option)
- South Western Black Bean Chicken Loaf with Sundried Tomatoes
- Lentil Cutlets
- Quinoa Chicken Cutlet with Sundried Tomatoes
- Thanksgiving Day Roast
- K-12 vegan South Western Bean Loaf
- Chicken Style Salad

## CHICKEN BUFFALO WINGS

### Recipe and Production Method

Yield: 8 wings weighing 33 grams each  
Scaled @ 27 grams each and picked up 5 grams

#### Mixing Protein

4 ounces

½ ounce

10 Tablespoons

2 tablespoons

#### Reduced Sodium “Chicken Style” Quick Mix

Unbleached White Flour

Water

Canola Oil

1. Mix protein and flour until evenly dispersed.
2. Add water and oil. Mix for 2-3 minutes on low speed with a paddle.
3. Immediately after mixing using a #40 scoop, scoop eight balls. Flour bench and place balls on flour. Using hand at a 45 degree angle roll each ball to a rounded point.
4. Steam for 15 minutes or until protein is cooked. Refrigerate until ready to use.
5. When ready to use can straight away fry
6. FLOUR COATING – Optional to roll in flour or cornstarch, shake off excess, and deep fry until brown (about 20 seconds). If drenching with flour and buffalo wings are dry, dunk in water, let drain for few minutes, and then toss in flour. Cornstarch will give a crispier texture than flour. I would test without and then with the flour and/or cornstarch.

Optional to add broth powder for more intense chicken flavor. I would start with 1 teaspoon in this recipe.. FYI – you will notice that the flakes do not fracture out of Chicken with use of flour.