



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 Style” Cacciatore

Yield: 4 servings

3/4 pound  
2 Tablespoons  
2 teaspoons  
1 cup  
2 cups  
1/2 cup  
1 Tablespoon  
5 teaspoons  
1/2 teaspoon  
1/8<sup>th</sup> teaspoons  
1/2 cups  
2 cups  
2 teaspoons

### **Eco-Cuisine Vegan Chicken-Style Quick Mix**

olive oil  
minced fresh garlic  
diced onions  
fresh quartered mushrooms  
green bell pepper, 1/2 inch dice  
Italian Spice Blend  
whole rosemary  
sea salt or salt to taste  
black pepper  
Burgundy wine  
Tomato Sauce

### **Eco-Cuisine Vegan Chicken-Style Broth Powder**

1. Prepare Basic Vegan Chicken-Style Protein forming in desired shape and using desired method of cooking. Cut into desired portions or pieces (i.e. cutlets, diced, breast, etc.).
2. In a large sauté pan or tilt fryer, heat the oil over medium heat, and then sauté protein pieces until they are a light golden brown on both sides. Remove the protein pieces from the oil and set aside on tray. Leave the remaining oil in the frying pan.
3. Sauté the vegetables and seasonings and Vegan Chicken-Style Broth Powder in the leftover oil over medium heat for five minutes, stirring occasionally. To the sautéed vegetables, add the tomato sauce and red wine.
4. Add the sautéed protein and stir into sauce mixture.
5. Continue to cook the Cacciatore over medium-low heat for 10 minutes.
6. Serve hot over brown rice or pasta of your choice.