



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 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.



“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

Vegan Chicken Cranberry Salad

Yield $\frac{3}{4}$ cup

$\frac{3}{4}$ cup (100 grams)

4 tablespoons

2 tablespoons

$\frac{1}{4}$ cup

$\frac{1}{16}$ th teaspoon

Eco-Cuisine Prepared Chicken QM cut into strips or shredded

Sweetened dried cranberries

sliced scallions

Veganise (vegan mayonnaise) can use regular mayonnaise

Nutmeg

Mix ingredients together, cool and serve.