



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 favors. 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

French Brown Sauce

This flavorful sauce is perfect with vegan, vegetarian, meat, and poultry dishes. It is also great as a topping for mashed potatoes, pastas, and grains.

Yield: about 3 cups

4 Tablespoons	canola oil
1 cup coarsely diced	onions
1 cup shredded or finely	diced carrots
1 cup finely diced	celery
1 Tablespoons	tamari or other soy sauce, or 1/4 teaspoon caramel coloring*
5 teaspoons	Eco-Cuisine Vegan Beef-Style Broth Powder
1 Tablespoons	minced fresh garlic
2 Tablespoons chopped	fresh basil, or 2 teaspoons dried basil
2 teaspoons	dried thyme
½ cup	unbleached white flour
4¼ cups	water or vegetable stock
½ cup	red wine
½ cup t	tomato paste

1. Heat the oil in a 2-quart saucepan over medium heat. Add the onions, carrots, celery, soy sauce, Vegan Beef-Style Broth Powder, garlic, basil, and thyme, and sauté, stirring occasionally, for 15 minutes, or until the vegetables are beginning to soften and brown
2. Mix in the flour and stir to combine. Continue to cook for 5 minutes, and then stir in half of the stock. Add the wine, tomato paste, and the remaining stock, and stir well. Cover and simmer for 15 minutes.
3. Strain the sauce before using. Serve immediately, or transfer to a covered container and store in the refrigerator, where it will keep for four to six weeks. You can also freeze the sauce for up to six months.

***Option:** You can also use 2 Tablespoons of gills from the underside of Portabella mushroom caps, which will add dark color and an earthy flavor to this sauce.