



Eco-Cuisine, Inc.

A Flexitarian® True to Nature Company

Instant Soy Pudding Mix

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.



Strawberry Napoleon

Description & Recipe Application/Uses: Eco-Cuisine’s Instant Soy Pudding mix is light yellow in color, with a mild vanilla scent and the texture is a fine granulation. By simply adding oil and water the basic dry mix becomes a great tasting, nutritious traditional pudding that is lower in fat than most desserts. Soy or dairy milk may be substituted for an even richer flavor, and there are numerous and varied culinary applications including pastry cream for pie fillings, icings, mousses, cream cake/tort fillings, parfaits, classical desserts, and rice puddings. What is unique about this new pudding mix is that the flavor is delicate enough to complement any added flavors like Chocolate, Lemon, etc., so there is maximum versatility in both the flavor and applications. Bone char free sugar used in the mix. Kosher certified

Soy Pudding Recipe Sampling:

- Vanilla Pudding
- Peanut Butter Mousse
- Mocha Ice Cream
- Coconut Cream Pie Filling
- Chocolate Pudding
- Rice Pudding
- Lemon Ginger Pudding
- Pumpkin Torte
- German Chocolate Icing
- Vegan Meringue

RICE PUDDING

YIELD: 6 cups (12 half cup servings)

3 cups	cooked sweet or short grain brown rice (or rice of your choice)
8 oz. package	Eco-Cuisine Instant Soy Pudding Mix
3 cups	water
¾ cup	roasted & chopped walnuts
½ cup	sugar
1 Tablespoon	vanilla extract
¼ cup canola	oil GH

1. Cook preferred rice following directions on package.
2. Roast walnuts on sheet pan in a pre-heated 375°F oven for 5-7 minutes.
3. Into a 3 quart (or larger) mixing bowl, pour water and then add Instant Soy Pudding Mix and mix to incorporate. Mix for 15 minutes on medium speed to develop pudding texture and activate gelling agents.
4. Add remaining ingredients and mix to incorporate.
5. Refrigerate for 2 hours and serve.

White Rice version:

Use same proportion of cooked white rice
 Raisins in place of walnuts
 ¼ teaspoon cinnamon
 1/8th teaspoon (or more) coconut flavor