



A Flexitarian® True to Nature Company

Reduced Sodium “Basic Sausage Style” Quick Mix Dry Mix Product Information (Plant-based)

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.



Sausage, Biscuits and Gravy

Description & Recipe Application/Uses: This dry mix has a tan color with dark brown specks of textured vegetable protein, with a basic scent & flavor of sausage which can be modified to a breakfast sausage, Italian sausage or any flavor or application desired by the end user. Suggested applications include sausage patties, Pizza topping, burgers, “Meat” Balls, crumbles, loaves & wraps with the variation limited only by the chef’s creativity. The sausage is freeze-thaw stable once cooked & has a shelf-life of 5-7 days when refrigerated under ideal conditions (when cooked and stored as directed). This product is natural, plant-based (vegan) and Kosher certified. Kosher certified

“Sausage Style” Recipe Sampling:

- “Sausage Style” Meat Balls
- European Shepherd’s Pie
- Colorado “Sausage” & Black Beans
- Basic Sausage Style Patties
- Basic (Pork) “Sausage Style” Quick Mix Recipe & Preparation Options
- Breakfast (Pork) “Sausage Style” Recipes: (Basic, Maple, Smoked)
- Italian (Pork) “Sausage Style” Recipes: (for Pasta & for Pizza)

“Sausage Style” Meat Balls

Yield: 42/1-oz. portions

1 lb.	Eco-Cuisine RS “Sausage Style” Quick Mix
3 cups	hot* water
6 tablespoons	Canola or Olive oil

In a mixing bowl, combine the two quick mixes. Combine the hot water, & oil, then add to dry mixture. With a paddle, mix to incorporate on slow speed, about 1 minute. Let sit for 20 minutes. Oil bottom of steam pan. Scoop mixture using desired scoop size (2 oz. scoop recommended) pressing mixture into the scoop. Place balls on oiled pan, cover with tight lid or plastic wrap to seal the pan from moisture. Place in steamer & steam for 20 minutes. Remove from steamer & refrigerate until completely cold. If try to handle immediately the balls will be tender. Once the gelling is complete they will be easy to handle & reheat if necessary.

* Use hot water for a quicker rehydration