



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)

Italian “Sausage Style” for Pasta

Yield: 2 1/2-oz. portions

1 lb.	RS “Sausage Style” Quick Mix
6 Tbsps.	Italian Spice Blend
2 teaspoons	Ground fennel (optional)
3 cups	hot* water
6 tablespoons	canola or olive oil

In a mixing bowl, combine the two quick mixes & Italian Spice Blend (& fennel if using). Combine the hot water, & oil, then add to dry mixture. With a paddle, mix to incorporate on slow speed, about 1 minute.

Oil a steam pan, then place mixture in pan to create one layer $\frac{3}{8}$ to $\frac{1}{2}$ -inch thick. Press into pan, cover with plastic wrap (must be covered to prevent water contact which will ruin the structure) & steam for about 15 minutes. Refrigerate until completely cold to allow the texture to set (about 1 hour). Cut into pieces (grill for more flavor if desired), or crumble the entire layer, then use as desired in cold or hot applications.