



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](mailto: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](http://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)

## **Smoked Breakfast “Sausage Style” Patties**

Yield: 13/3-oz. Patties

1 lb.	<b>RS “Sausage Style” Quick Mix</b>
¼ cup	sage, rubbed
1 tbsp.	Rosemary powder
3 cups	hot* water
½ cup	canola oil
1 tsp.	Liquid smoke or to preferred taste

In a mixing bowl, combine the two quick mixes & rubbed sage. Combine the hot water, oil, & liquid smoke, then add to dry mixture. With a paddle, mix to incorporate on slow speed, about 1 minute.

For Patties, see preparation Options #1 or #2 from the Basic “Sausage Style” QM Recipe.

\*Use hot water for a quicker rehydration