



Eco-Cuisine, Inc.

A Flexitarian® True to Nature Company

ECO-CUISINE VEGAN BEEF-STYLE SEITAN QUICK 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.



Description & Recipe Application/Uses:

Known as "wheat meat", is a meat analogue/vegetable protein that can replace beef or pork in traditional recipes. The dry mix has a light brown color, a floury texture, simply adding water to the basic mix, plus any desired combination of savory flavoring ingredients, then mixing, forming and cooking, the result is a low substitute with the texture and color of cooked beef. Swiss Style Shredded Seitan, Seitan Stroganoff, Lettuce, Tomato), bean charcuterie, etc., & are limited only by the chef's creativity. Seitan is freeze-thaw stable & has a shelf-life of 5-7 days when cooked & stored as directed. This product is all natural. Cost is about 1/3rd the cost of prepared seitan. Kosher certified

Seitan Recipe Sampling:

- Seitan Pepper Steak
- Seitan Swiss Steak
- Seitan a la
- Seitan Style Seitan à la Normandy
- Beef Style Seitan Stroganoff
- Seitan Lettuce & Tomato Sandwich
- Marinated Seitan & Vegetables
- Broccoli Beef-Style Seitan Delmonico

Eco-Cuisine Broccoli Beef-Style Seitan Delmonico

Yield: 25 servings

7½ pounds Prepared Seitan, thin sliced or flaked using **Eco-Cuisine Vegan Beef-Style Seitan Quick Mix**

1 cup	olive oil
5 cups	finely chopped onions
2½ cups	sliced mushrooms
1¼ teaspoon	salt
1¼ teaspoon	nutmeg
2 cups	unbleached flour
10 tablespoons	nutritional yeast (optional)
10 cups	soymilk
2½ cups	chopped green olives, pimento-stuffed
3 quarts	broccoli florets
1¼ cups	soy cream cheese OR soy sour cream OR 1 cup raw cashew pieces blended until smooth with 1 ½ cups water and 1 tablespoon vinegar
	30 cups cooked pasta of choice

1. Prepare Seitan according to your preferred production method (steaming easiest)
2. Heat the oil in a medium saucepan. Sauté the onions and mushrooms with the salt and nutmeg until the onions are translucent.
3. Stir in the flour and yeast and cook 3 to 5 minutes longer.
4. Pour the soymilk over the sautéed onion mixture and stir until well blended. Cook over medium heat, stirring occasionally, until the sauce thickens.
5. Add the chopped olives and mix to incorporate.
6. Steam the broccoli for about 5 minutes, or until tender, but crisp. Add it to the sauce mixture if serving immediately.
7. Stir in the thin sliced/flaked Seitan and soy cream cheese or sour cream, or blended cashews. Spoon the broccoli Seitan sauce over pasta and serve hot.
8. If not serving immediately, hold the broccoli back until ready to serve and add to hot sauce at time of service. If broccoli is added prior to serving, and held for a long period of time, the broccoli will overcook and become gray.