



Eco-Cuisine, Inc.

A Flexitarian® True to Nature Company

## Ground “Beef Style” Quick Mix

**For additional product** information, instructions, and recipes in this document have been prepared by Ron Pickarski, the first 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.



**Description & Recipe Application/Uses:** The “Ground Beef Style” Quick Mix is a blend of textured vegetable protein, binders, spices, & flavor ingredients. It is designed for use as a replacement for ground beef in vegetarian cuisine. The seasoning is tan/light brown in color & contains large pieces of dark brown textured vegetable protein. It is Kosher certified, plant-based (vegan) and natural. The flavor & aroma are typical of beef & grill notes. Applications include custom flavored meat balls, meat loafs, meat casseroles & burger patties. It is freeze thaw stable when cooked. It can be used to replace any Gr. Beef item on your menu. Kosher certified

## Gr. Beef Recipe Sampling:

- “Beef Style” Chili Con Carne
- Burrito / Taco Filling
- Southwestern Bean Loaf\*
- Middle Eastern Eggplant Lasagna\*
- Roasted Vegetable Loaf
- South Western Burger
- Vegetarian Burger
- Barley Mushroom Burger
- Barley Burger
- American-Style Meatloaf
- Southwestern Stuffed Pepper
- Vegan Mixed Medium Salisbury Steak
- Italian Pizza Sausage
- Italian Meat Ball
- Chili Wrap
- Shepherd’s Pie
- “Beef Style” Bolognese Sauce
- Bulgur Walnut Loaf
- Italian Gr. Beef Style Crumble
- Vegan Mixed Medium Gyros
- Burger Wrap
- Jamaican Meat Patties

## Vegetarian Burger

Yields: 7 burgers weighing 3.6 ounces

6-1/2 ounces

2 ounces

1-1/2 cups

3 Tablespoons

**RS “Ground Beef Style” Quick Mix \***

**Eco-Cuisine RS Chicken-Style QM**

Water

Oil

1. Mix dry protein mixes until evenly dispersed.
2. Add water and oil and mix until evenly dispersed. let set for 10 minutes.
3. Form into patties. Easiest way is to scoop mixture onto an oiled surface and oil bottom of spatula.

Visit video page at <http://www.eco-cuisine.com/copy-of-video-demos> to view video on preparing **Eco-Cuisine Speed Scratch Vegan Burger**

Best way to place burgers on a lightly oil sheet or steam pan, cover with plastic wrap, and steam for 15-20 minutes in a convection steamer or combi oven to pre-cook. Cool and lightly oil before grilling or reheating. Grilling then becomes a reheating process. Pre-cooking makes burger easier to handle, causes protein to set improving mouthfeel, flavor, and improves quality control. Second option is to cover and refrigerate burgers for 2-3 hours or over-night making them easy to handle. In an urgent situation can let the burger set for 15 minutes after forming, lightly oil, and then sauté or grill on flat surface using a medium heat. Quick set burgers are a delicate to handle because not fully set.

The burgers caramelize quicker on high heat

Note: Over cooking will dry out burger. If that happens, dip it in and immediately pull it out of water. Vegan proteins, unlike meat, will absorb water if they are over cooked.