



VEGGIECUS

— Plant Based Solutions —

RECIPE IDEAS WITH OUR BASIC MIXES





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Basic recipes

Base Aromatic

Burger patties

Recipe for approx. 25 patties, 120 g each

- 1.000 g Base Aromatic
- 2.000 g cold water

Combine Base Aromatic and the water, and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes, then shape into patties as usual.



Info

Combine any herbs, onions or other dried seasoning with the dry mix before adding the water to ensure an even distribution of the ingredients. Combine liquid seasonings with the water, and subtract the corresponding amount of liquid from the water.

Base White

"Chicken style" nuggets

Recipe for approx. 95 nuggets, 30 g each

- 1.000 g Base White
- 1.700 g cold water
- 140 g oil
- 40 g salt

Stir salt into Base White. Add water and oil to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes, then shape into nuggets or similar shapes. The nuggets can then be breaded without egg. Suitable coatings are: Panko and other breadcrumbs or cornflakes etc.



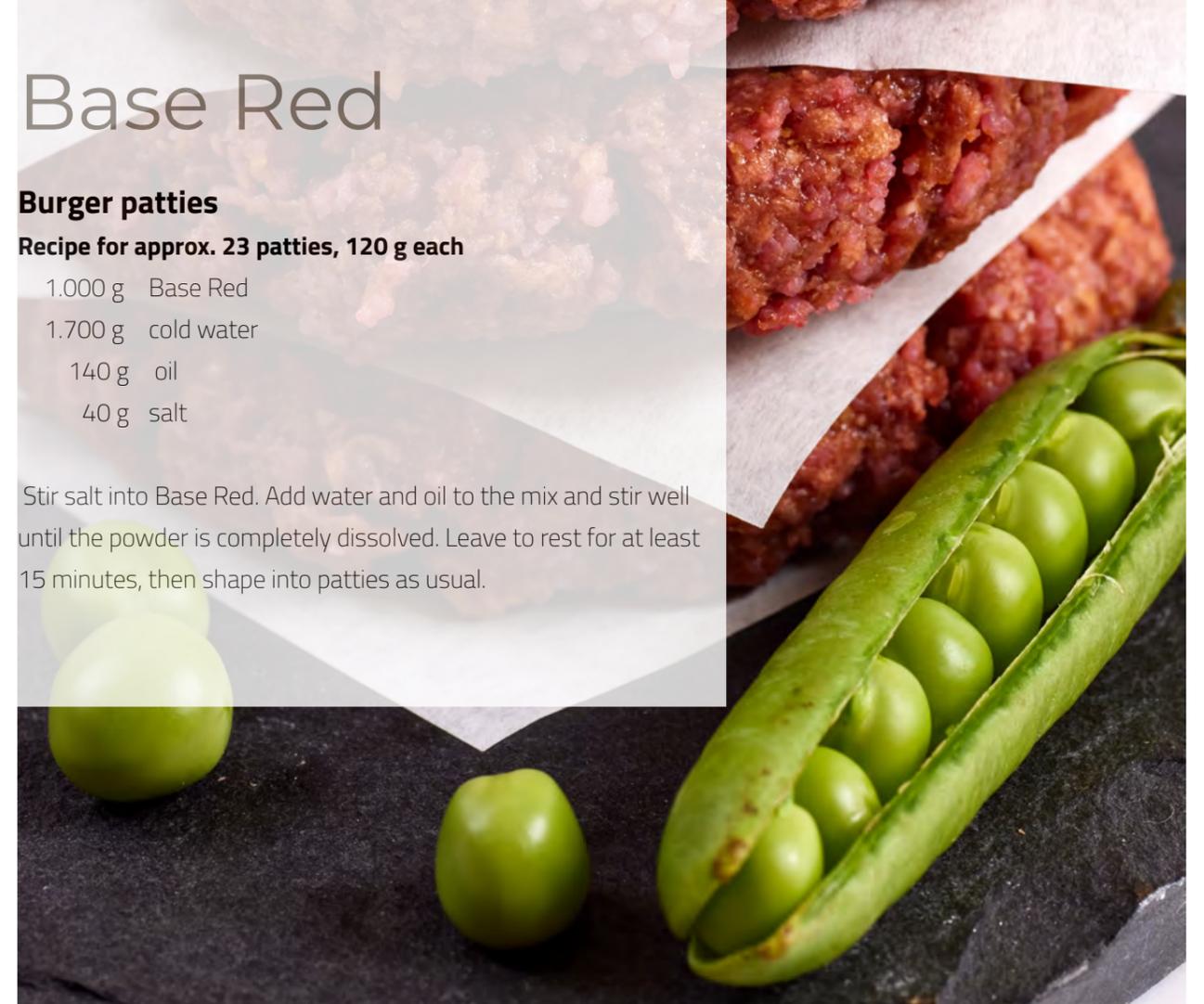
Base Red

Burger patties

Recipe for approx. 23 patties, 120 g each

- 1.000 g Base Red
- 1.700 g cold water
- 140 g oil
- 40 g salt

Stir salt into Base Red. Add water and oil to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes, then shape into patties as usual.



“curry and cheese” nuggets



Recipe for approx. 80 nuggets, 45 g each

- 1.000 g Base White
- 1.700 g cold water
- 140 g oil
- 40 g curry mix
- 20 g salt
- 800 g cheese (diced or 10 g portions)

Combine the salt and curry mix with Base White. Add water and oil to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes. When shaping the nuggets, work the cheese into the centre

of each one. The nuggets can then be breaded without egg. Suitable coatings are: Panko and other breadcrumbs or cornflakes etc.



"Chicken-style" patties



Recipe for approx. 23 patties, 120 g each

- 1.000 g Base White
- 1.700 g cold water
- 140 g oil
- 40 g salt

Stir salt into Base White. Add water and oil to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes, then shape into patties as usual.

Meatloaf



Recipe for 1 kg meatloaf

- 350 g Base White
- 300 g cold water
- 300 g vegetable stock (cooled)
- 50 g vegetable oil
- 100 g diced onion (sautéed)
- 10 g chopped garlic
- 10 g mustard
- 10 g tomato purée
- 10g salt
- 1.5 g pepper
- 2 g ground paprika

Combine the onion, garlic and seasoning with Base White. Add the water, vegetable stock and oil to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 30 minutes. Put the mixture into a suitable tin and bake in the oven.

Vegan stuffed cabbage

Recipe for 10 stuffed cabbage rolls

- 350 g Base White
- 300 g cold water
- 300 g vegetable stock (cooled)
- 50 g vegetable oil
- 100 g diced onion (sautéed)
- 10 g chopped garlic
- 10 g mustard
- 10 g tomato purée
- 10 g salt
- 1.5 g pepper
- 2 g ground paprika
- 1.5 g marjoram
- 10 cabbage leaves (blanched)

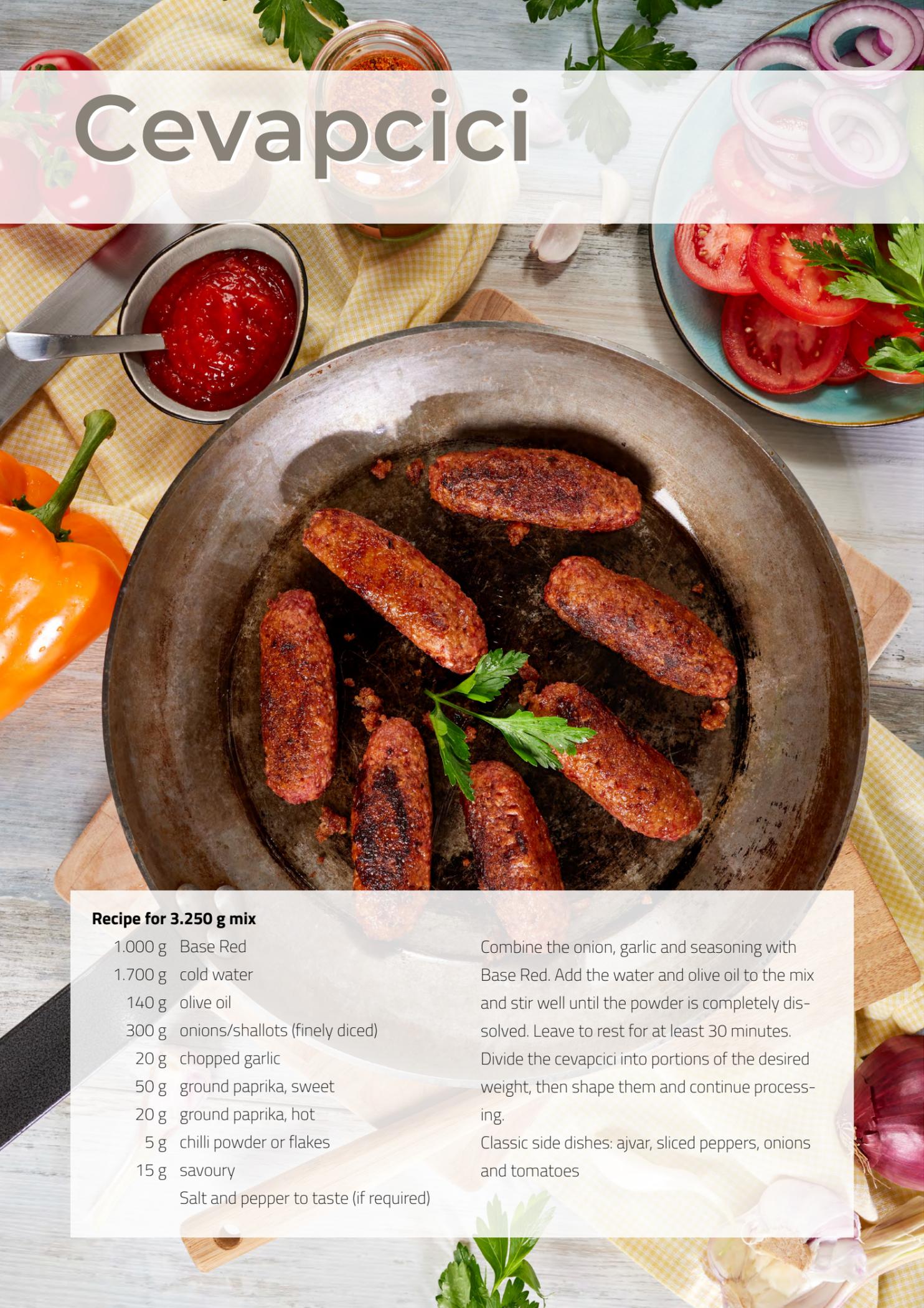
Combine the onions, garlic and seasoning with Base White. Add the water, vegetable stock and oil to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 30 minutes. Divide the mix into 10 equal portions. Place a portion onto a blanched cabbage leaf and roll up. Now sear the cabbage leaves in a pan, then bake in the oven at approx. 170°C for about 30 minutes.

Our tip:

When the cabbage leaves are ready, you can add root vegetables and more vegetable stock to the cooking juices to make a delicious vegan gravy.



Cevapcici



Recipe for 3.250 g mix

- 1.000 g Base Red
- 1.700 g cold water
- 140 g olive oil
- 300 g onions/shallots (finely diced)
- 20 g chopped garlic
- 50 g ground paprika, sweet
- 20 g ground paprika, hot
- 5 g chilli powder or flakes
- 15 g savoury
- Salt and pepper to taste (if required)

Combine the onion, garlic and seasoning with Base Red. Add the water and olive oil to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 30 minutes. Divide the cevapcici into portions of the desired weight, then shape them and continue processing. Classic side dishes: ajvar, sliced peppers, onions and tomatoes

Albondigas



Recipe for 3.000 g mix

- 1.000 g Base Red
- 1.700 g cold water
- 140 g olive oil
- 40 g salt
- 120 g toasted pine nuts, chopped
- 6 g garlic cloves, crushed
- Tomato sauce
- Chopped parsley to garnish

Combine the pine nuts, salt and garlic with Base Red. Add the water and olive oil to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 30 minutes. Shape into little balls (about the size of a walnut). Prepare a tasty, slightly spicy tomato sauce. Fry the balls on all sides in vegetable oil until nicely coloured. Then place the balls in the tomato sauce and simmer for a short while. Garnish the albondigas with the parsley.

Classic burgers



Recipe for 24 burgers (2.880 g burger mix)

- 1.000 g Base Red
- 1.700 g cold water
- 140 g oil
- Spices/seasoning to taste
- 24 burger buns (bread rolls)
- Lettuces leaves
- Tomatoes
- Sliced gherkins
- Onion rings
- Slices of vegan cheese substitute
- Ketchup or other sauces to taste

Combine the spices/seasoning with Base Red. Add water and oil to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes. In the meantime, wash and slice the vegetables. Shape the burger patties, then fry each side in vegetable oil for approx. 5 minutes. Continue to prepare as with classic burgers.

Summer rolls

Recipe for 1.500 g mix (50 rolls, approx. 35 g each)

- 350 g Base Red
- 600 g cold water
- 50 g oil
- 30 g ginger paste
- 200 g Chinese cabbage (Julienne strips)
- 3 carrots (Julienne strips)
- 2 onions (finely diced)
- 50 g glass noodles (cooked)
- 20 ml soy sauce
- 10 g sesame oil
- 10 g ginger paste
- Salt and pepper
- 50 sheets rice paper

Combine Base Red with the water and oil, and stir well until the powder is completely dissolved. Leave to rest for at least 30 minutes. In the meantime, sauté the vegetables and noodles in a pan over a high heat. Season with salt and pepper, then immediately add the soy sauce, sesame oil and ginger paste to the hot vegetables, stir well, and leave to cool. Sear the PURE RED mix in a pan and stir until it has the same consistency as mince, then leave to cool. When everything is cool, combine the vegan mince and the vegetables in a bowl. Soak the rice paper in cold water (note: one sheet after another). Arrange the mix over the middle of the rice paper sheets, then roll them up. Serve the rolls cold.



Spring rolls



Recipe for 1.100 g mixture (35 rolls, approx. 35g each)

- 350 g Base Red
- 600 g cold water
- 50 g oil
- 30 g ginger paste
- 15 g salt
- 2 carrots (Julienne strips)
- 50 g mixed herbs, frozen (Asian style)
- 35 sheets wonton dough

Combine Base Red with the salt, carrots and herbs. Add the water, oil and ginger to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 30 minutes. Add a little more ginger and salt if required.

Arrange the mix on the centre of the wonton sheets. Brush the edges with a little water, then roll up and deep fry.

Tacos

Recipe with 2.000 chilli sin carne

(Base Red) as the base

- 2.000 g chilli sin carne
- Makes 40 pieces Taco shells or small tortillas
- 200 g guacamole
- 200 g sour cream (vegan)
- 200 g vegan cheese substitute, grated
- Herbs as desired for the topping

Spread the tacos out on a clean work surface and place around 2 tablespoons chilli sin carne in the middle of each one. Place the tacos upright in a heat-resistant dish. Sprinkle over a little grated cheese, then heat in the oven at 200°C (hot air) for approx. 8 minutes. Remove the hot tacos from the oven. Garnish with guacamole, sour cream and fresh herbs, and serve immediately.



Bruschetta

Recipe for approx. 40 pieces

- 700 g Base Red
- 1.200 g cold water
- 100 g vegetable oil
- 250 g mushrooms (sliced)
- 250 g herb dip/quark
- 200 g grated cheese
- 2 spring onions (sliced)
- 3 ciabatta (sliced)
- Seasoning to taste

Combine the spices/seasoning with Base Red. Add water and oil to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes. In the meantime, toast the ciabatta slices until golden. Fry the mix in a pan (like mince) until crumbly. Spread the bread slices with dip. Arrange 3 mushroom slices, fried mince and cheese over the top, and place under the grill. Garnish with the sliced spring onions before serving.



Bolognese



Recipe for approx. 6.000 g Bolognese

- 1.000 g Base Aromatic
- 2.000 g cold water
- 2.400 g chopped tomatoes, canned
- 50 g tomato purée
- 6 onions (finely diced)
- 5 garlic cloves, finely chopped
- 5 carrots (finely diced)
- Salt, pepper, oregano

Add the water to Base Aromatic and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes. Now prepare the Bolognese as you would the meat version. The mix is used in the same way as minced meat, but only needs to cook for approx. 5 minutes once all the other ingredients have been added. Serve the Bolognese with pasta or use for other recipes (e.g. lasagne or cannelloni).

Lasagne

Recipe using 6.000 g vegan

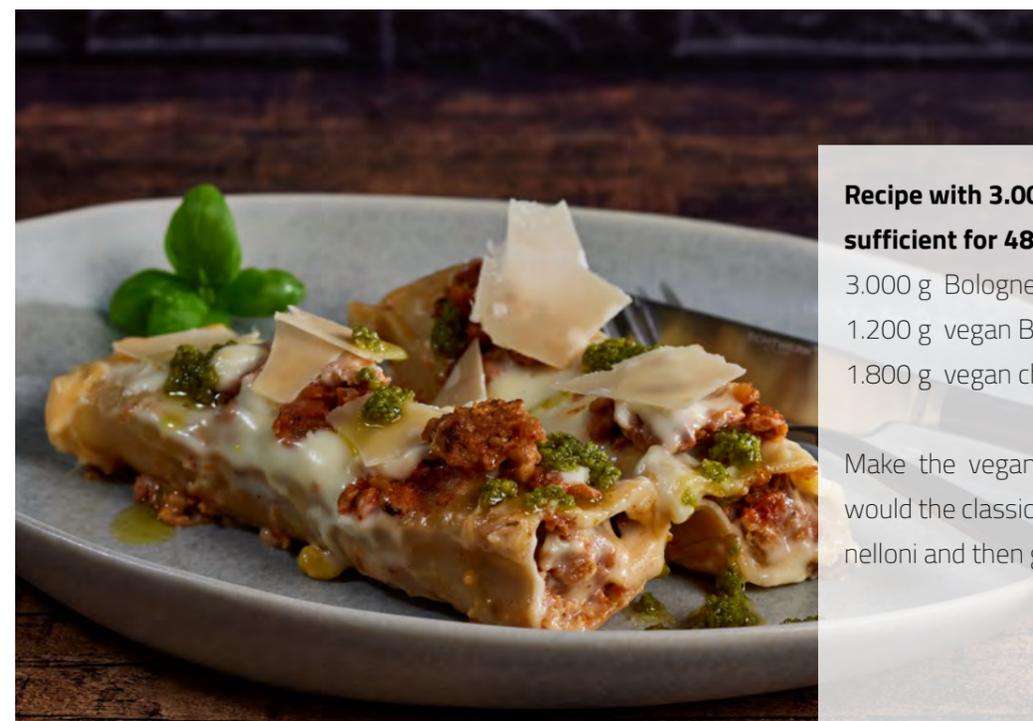
Bolognese as the base

- 6.000 g Bolognese
- 2.500 g vegan Béchamel sauce
- Approx. 48 lasagne sheets for 4 layers
- 1.200 g vegan cheese substitute, grated

Lasagne - made the traditional way or to a home recipe.



Cannelloni



Recipe with 3.000 g vegan Bolognese, sufficient for 48 cannelloni

- 3.000 g Bolognese
- 1.200 g vegan Béchamel sauce
- 1.800 g vegan cheese substitute, grated

Make the vegan Bolognese just as you would the classic one, use it to fill the cannelloni and then gratinate.

Pizza with vegan mince



Recipe for 10 pizzas

- 1.000 g Base Aromatic
- 2.000 g cold water
- Italian spice mix to taste
- 20 tomatoes, roughly chopped
- 1.000-1.500 g tomato passata (depending on the size of the pizza bases)
- 10 pizza bases
- Toppings to taste: e.g. tomatoes, pesto, basil, rocket

Combine the seasoning mix with Base Aromatic. Add water to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes. Sear the mix over a high heat, then break up slightly with a wooden spoon and continue cooking until the mix is crumbly and has acquired a little colour. Add the chopped tomatoes and sauté a little longer, then stir in approx. 100 g of the tomato passata. Remove the pan from the heat. Spread the tomato passata over the pizza bases. Arrange the mix on top and finish with your choice of other ingredients.

Puff pastry rolls

Recipe for approx. 120 puff pastry rolls

- 1.000 g Base Aromatic
- 2.000 g cold water
- 60 g chives, thinly sliced
- Approx. 6 fresh puff pastry sheets, depending on size

Combine the chives with Base Aromatic. Add water to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes. Cut the pastry sheets in half. Arrange the mix over approx. $\frac{3}{4}$ of each sheet, and brush the remainder with water. Roll the pastry up. Cut into slices approx. 1.5-2 cm thick and place on a baking sheet lined with baking parchment. Bake at 200°C for approx. 15 minutes. The mini rolls may be frozen raw or baked.



"Meatballs"

Königsberger style



Recipe for approx. 50 small meatballs (total weight of mix: approx. 3.200 g)

1.000 g Base Aromatic	Approx. 90 g flour
2.000 g cold water	Capers to taste
6 small onions/shallots (finely diced)	1.5 l vegan cream
Approx. 4.0 l vegetable stock to cook the meatballs	Juice of 3 lemons
1.5 l vegetable stock for the sauce	Salt, pepper, pimento
Approx. 100 g vegan butter	Chopped parsley

Combine the onions with Base Aromatic. Add water to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes. Now prepare the caper sauce in the traditional way. Place

the stock on the hob and shape the meatballs. Add the meatballs to the boiling stock and cook for 7-10 minutes, depending on size (the stock must only simmer gently) until they rise to the surface.

Recipe for 36 pieces

1.000 g Base Aromatic
2.000 g cold water
1.800 g pasta dough
6 onions (finely diced)
3 l vegetable stock
A little flour for dusting
Approx. 100 g egg yolk substitute or water

Make ahead:

Vegetable stock with an assortment of chopped or sliced vegetables

Combine the onions with Base Aromatic. Add water to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes. Roll out the pasta dough. Put the mixture into a forcing bag and pipe lengths (2 strips approx. 2 cm thick) on the lower part of the dough. Spread slightly so the mixture covers about $\frac{1}{4}$ of the area. Brush the upper edge of the dough with egg yolk substitute or water. Starting at the bottom, roll up the pastry dough evenly from bottom to top. Dust the resulting roll with a little flour. Use the handle of a wooden spoon to press down on the dumplings and divide them. Then cut through them with a knife. Put the dumplings in boiling vegetable stock and simmer over a low heat for 10-12 minutes until done. Serve in the prepared vegetable stock with the chopped or sliced vegetables.



Chilli sin carne



Recipe for approx. 10 kg chilli

- 1.000 g Base Aromatic or Base Red (then: 1,700 g water + 140 g oil and 40 g salt)
- 2.000 g cold water
- 6 onions, diced
- 12 garlic cloves, finely diced
- 6 peppers, roughly chopped
- 600 g fresh tomatoes, chopped small
- 1.000 g canned sweetcorn
- 1.200 g kidney beans
- 2.400 g chopped tomatoes or tomato passata
- Cayenne pepper, pepper, ground sweet paprika, chilli powder/dried chilli
- If required a little vegetable stock to thin

Add water to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes. You can now prepare the chilli sin carne in the same way as the original recipe using minced meat, as the mix is processed in exactly the same way.



Fillings

Gardener's style

Filling makes enough for approx. 90 items / bars each with 45 g filling.

Base Aromatic	1.000 g
Spring onions, sliced	400 g
Cheese, grated	500 g
Béchamel sauce	1.500 g
Water (cold)	625 g
Salt	15 g
Nutmeg	5 g

Combine the spring onions, cheese, salt and nutmeg with Base Aromatic. Add the water and Béchamel sauce to the mix and stir well until the powder is completely dissolved. You can then continue processing the filling.



South style

Filling makes enough for approx. 100 items / bars each with 45 g filling.

Base Aromatic	1.000 g
Water (cold)	2.150 g
Pepper (finely chopped)	300 g
Sweetcorn	450 g
Kidney beans	450 g
Cheddar, grated	600 g
Ground paprika (hot)	5 g

Add all the ingredients and the water to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 10 minutes. Process the filling within 30 minutes.



Italian style

Filling makes enough for approx. 90 items / bars each with 45 g filling.

Base Aromatic	1.000 g
Water (cold)	1.850 g
Shallots (finely diced)	180 g
Mixed herbs, frozen	50 g
Tomatoes, chopped	900 g
Vegan grating cheese Mozzarella style	450 g



Add all the ingredients and the water to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 10 minutes. Process the filling within 30 minutes.

Info

Of course, any non-vegan ingredients used can be replaced by the appropriate vegan products if you want the recipe to be strictly vegan.

Greek style



Filling makes enough for approx. 90 items / bars each with 45 g filling.

Base Aromatic	1.000 g
Water (cold)	2.000 g
Feta, diced	600 g
Olives, sliced	300 g
Spinach (frozen)	600 g
Gyros spices	30 g
Rosemary	5 g

Add all the ingredients and the water to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 10 minutes. Process the filling within 30 minutes.

French style

Filling makes enough for approx. 90 items / bars each with 45 g filling.

Base Aromatic	1.000 g
Water (cold)	2.000 g
Shallots (finely diced)	300 g
Spring onions (sliced)	300 g
Crème fraîche (vegan)	600 g
Grating cheese (vegan)	30 g



Add all the ingredients and the water to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 10 minutes. Process the filling within 30 minutes.



Hunter style

Filling makes enough for approx. 90 items / bars each with 45 g filling.

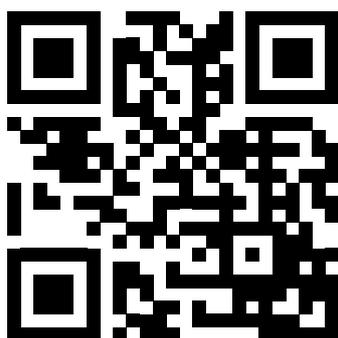
Base Aromatic	1.000 g
Mushrooms (chopped)	500 g
Herbs, chopped	50 g
Fried onions	125 g
Crème fraîche	1.500 g
Water (cold)	750 g
Salt	20 g

Combine the mushrooms, herbs, fried onions and salt with Base Aromatic. Add the water and crème fraîche to the mix and stir well until the powder is completely dissolved. You can then continue processing the filling.



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