



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](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:**

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 1/3<sup>rd</sup> 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

## BBQ BEAN INFUSED SEITAN WITH CARMELIZED ONIONS ON A BUN

Yield: Vol: 5-1/2 cup (Six ¾ cup portions)

11 ounces	Prepared <b>Seitan Quick Mix</b> Sliced. 1/8 <sup>th</sup> inch thick
1-1/2 cup <sup>2</sup>	Onions, Yellow, peel and medium dice (1/2 caramelized)
¼ cup	Canola Oil
1/4 teaspoon	Salt
1-1/2 teaspoons	Garlic, Fresh, fine chopped or minced
10 tablespoons	BBQ Sauce
¼ cup	Water

1. Prepare Seitan
2. In a preheated sauté pan on medium high, add the oil, onions, garlic and salt. Sauté while occasionally stirring until onions are caramelized (lightly brown) Remove from heat.
3. Immediately add Seitan, BBQ Sauce and water to the sauté mixture stirring ingredients together and return to heat reducing to medium low and let cook for 10 minutes or until simmering.
4. Remove from heat. If steaming place in steam pan, cover with plastic wrap and steam for 10-15 minutes. Remove and serve

Note: because the Seitan is sliced thin it is best to minimize stirring to give the Seitan a pulled pork effect. Because it is sliced thin, it will immediately absorb the BBQ flavor.

\*Use a BBQ sauce with a smoked flavor. This BBQ protein is superb on a bun.