

vegan&moi



The taste of vegan!



100% vegan, 100% variety, 100% taste, with only one mix for meat substitute! Easy preparation: just stir the mixture with water. Carefully selected and balanced ingredients make **vegan&moi** a tasty experience with great bite and mouthfeel.

However, not only the taste comes very close to the popular products, which are made from minced meat, but also the appearance of the finished dishes, prepared with **vegan&moi** is very similar to the „originals“ made from meat.

vegan&moi is good for animal welfare, the environment and people: the basic product (vegan mix) is low in fat, cholesterol-free and high in fiber, it contains 35% protein on pea and sunflower basis and is a supplier of essential and non-essential amino acids.

Basic recipe

1. Mix 1,000 g **vegan&moi** mix with 2,000 g cold water.
2. Leave the mixture to swell in the refrigerator for at least 15 minutes.
3. Process the mixture like conventional minced meat or sausage meat.



Info

Herbs, onions or other dry spices should be mixed with the dry mixture before adding water to achieve a better distribution. Mix liquid seasonings with the water and subtract accordingly from the amount of water.

Content

versatile

Today burger, tomorrow merguez sausages, then Bolognese or appetizer with puff pastry? No problem. With **vegan&moi** you have 1 mix for countless dishes, of which the basis for the classic preparation methods is „minced meat“. Of course it is also possible to add herbs and spices as needed.

long shelf life

vegan&moi has a long shelf life and can therefore be stored very well. So the meat substitute is quickly stirred and freshly prepared when required.

produced in stock

Meatballs, burger patties, etc. can be easily produced in advance and be frozen. The products can be fried in frozen condition!

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Pizza with vegan mince
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Bolognese



Recipe for approx. 6,000 g Bolognese

1,000 g **vegan&moi**
2,000 g water (ice cold)
2,400 g chunky tomatoes (can)
50 g tomato concentrate
6 onions (brunoise)
5 cloves of garlic chopped finely
5 carrots (brunoise)
Salt, pepper, oregano

Add water to the **vegan&moi** mixture and stir well directly, until the powder is completely dissolved. Let it swell for at least 15 minutes. The Bolognese is now prepared similar to the meat variant, because the mass can be processed like minced meat. However, after adding all the ingredients, it is only cooked for approx. 5 minutes. Serve Bolognese with pasta or take it for other recipes (e.g. lasagne or cannelloni).

Lasagne

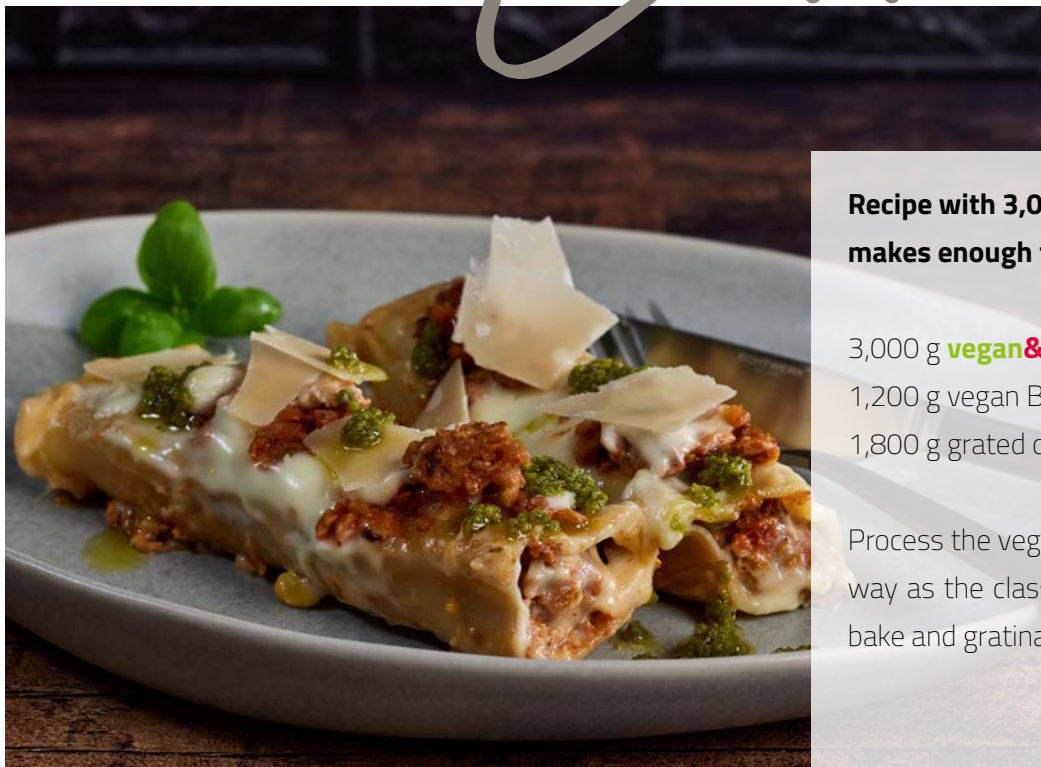
**Recipe with 6,000 g vegan
Bolognese as basis**

6,000 g **vegan&moi**-Bolognese
2,500 g vegan Béchamel sauce
approx. 48 lasagna pasta sheets
for 4 layers
1,200 g grated cheese substitute (vegan)

Prepare the lasagne in the classic way
or home recipe.



Cannelloni



**Recipe with 3,000 g vegan Bolognese,
makes enough for 48 cannelloni**

3,000 g **vegan&moi**-Bolognese
1,200 g vegan Béchamel sauce
1,800 g grated cheese substitute (vegan)

Process the vegan bolognese in the same
way as the classic one, fill the cannelloni,
bake and gratinate them.

Pizza with vegan mince



Recipe for 10 pizzas

1,000 g **vegan&moi**

2,000 g water (ice cold)

Italian spice mix as desired

20 tomatoes chopped up roughly

1,000–1,500 g pureed tomatoes (depending on the size of the pizza bases)

10 pizza bases

toppings as desired: e.g. tomatoes, pesto, basil, arugula

Mix the spice mixture with the **vegan&moi** mix. Add water and stir well until the powder is completely dissolved. Allow to swell for at least 15 minutes. Put the whole mixture in a pan with hot vegetable fat and fry until hot, then use a cooking spoon to break up the mixture a little and continue frying until the mixture is crumbly and starts to color a little. Add the chopped tomatoes and continue to fry for about 1 minute, then add about 100 g of the pureed tomatoes to the mass. Remove the pan from the heat. Spread pizzas with pureed tomatoes, spread the **vegan&moi** mixture and top with desired ingredients.

Albondigas



Recipe for 96 pieces (e.g. 24 servings) as tapas/appetizer

1,000 g **vegan&moi**

2,000 g water (ice cold)

120 g roasted pine nuts, chopped

6 cloves of garlic, pressed

Tomato sauce (strong, moderately spicy)

chopped parsley for topping

Mix the pine nuts and garlic with the **vegan&moi** mix. Add water to the mixture and stir well until the powder is completely dissolved. Allow to swell for at least 15 minutes. Form small balls (about the size of a walnut). Heat the tomato sauce. Fry balls in vegetable fat on all sides until they have a nice color. Then put the balls into the tomato sauce and let them soak for a while. Garnish the albondigas with parsley. Serve them e.g. with potato chips and olives.

Boiled meatballs German Style



Recipe for about 50 small meatballs (total weight of the mixture: approx. 3,200 g)

1,000 g **vegan&moi**

2,000 g water (ice cold)

6 small onions/shallots (brunoise)

approx. 4,0 l vegetable broth for cooking the meatballs

For the caper sauce:

1,5 l vegetable broth

approx. 100 g vegan butter

approx. 90 g flour

capers according to your taste

1.5 l vegan cream

juice of 3 lemons

salt, pepper, pimento

chopped parsley

Mix the onions with the **vegan&moi** mix. Add water to the mixture and stir well directly until the powder is completely dissolved. Allow to swell for at least 15 minutes. Now prepare the vegan caper sauce in the classic way (the basis is a roux): Heat the butter and sweat the flour in it, slowly stir in the broth and bring to boil briefly. Add capers, lemon juice and spices and cook for about 5 minutes. Put broth on to boil and form meatballs. Put the meatballs into the simmering broth and cook for 7-10 minutes, depending on their size, until they pop up.

Barbecue skewers

Recipe for approx. 40 skewers

1,000 g **vegan&moi**

2,000 g water (ice cold)

30 wheat tortillas (diameter approx. 20 cm)

Add water to the mixture and stir well directly until the powder is completely dissolved. Allow to swell for at least 15 minutes. If you like, you can mix the dry mixture with herbs or spices. Coat the tortillas with the **vegan&moi** mass, leaving a margin of about 1 cm all around. Roll up tortillas as tightly as possible.

Cut away the empty ends of the rolls. Cut 6 pieces from each roll. Put 5 pieces on each skewer, lying flat. Now fry the skewers in hot vegetable fat on both sides for about 4-5 minutes or place on the grill and grill from both sides.



Recipe for 36 pieces

1,000 g **vegan&moi**

2,000 g water (ice cold)

1,800 g pasta dough

6 onions (in brunoise)

3 l vegetable broth

some flour for dusting

about 100 g egg yolk substitute (vegan) or just water

To prepare in advance:

Vegetable broth with various vegetables as soup garnish.

Mix onions with the **vegan&moi** mix. Add water to the mixture and stir well directly until the powder is completely dissolved. Allow to swell for at least 15 minutes. Roll out the pasta dough. Use a piping bag to squirt the filling lengthwise onto the lower part of the dough (2 strips about 2 cm thick) and spread lightly so that the mixture covers about $\frac{1}{4}$ of the surface. Coat the upper part of the dough with egg yolk substitute or water. Now roll up the pasta dough evenly and loosely from the bottom to the top. Dust the so formed roll with a little flour. With the handle of a wooden spoon divide the size of the dumplings by pressing them down. Then cut the dumplings with a knife. Put them into boiling vegetable broth and simmer for 10–12 minutes at low heat. Serve in the already prepared vegetable broth with vegetable garnish.



Sibirskan Dumplings

Waijiam C



Classic Burger



Recipe for 24 burgers with 125 g each

- 1,000 g **vegan&moi**
- 2,000 g water (ice cold)
- 24 burger buns (rolls)
- leaf lettuce
- tomatoes
- gherkin slices
- onion rings
- slices of vegan cheese substitute
- ketchup or other sauces as desired

Add water to the **vegan&moi** mixture and stir well directly until the powder is completely dissolved. Allow to swell for at least 15 minutes and in the meantime wash and slice the vegetables. Form burger patties and fry in vegetable fat for about 5 minutes on each side. Continue the preparation analog classic burger.

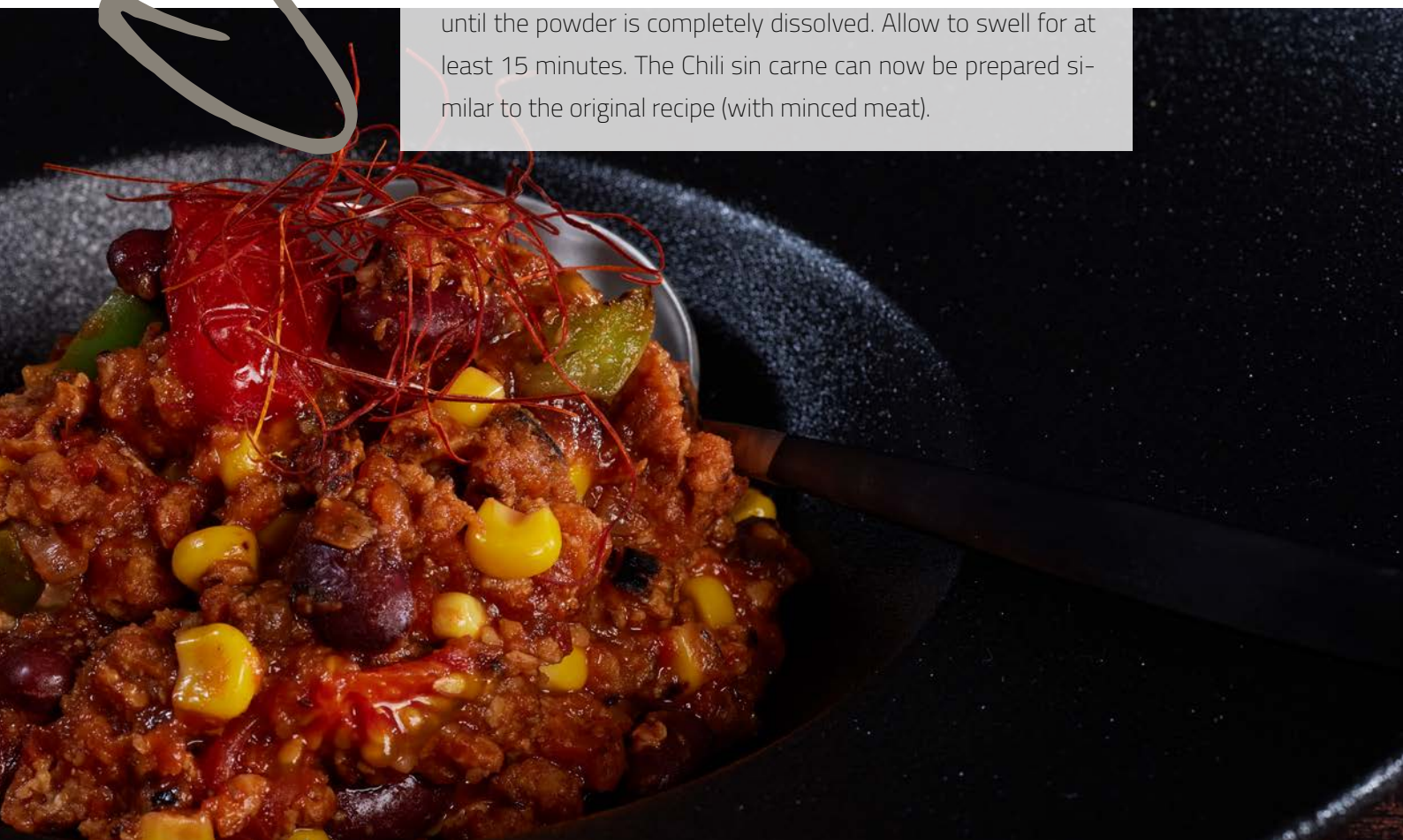


Chili sin carne

Recipe for approx. 10 kg chili

1,000 g **vegan&moi**
2,000 g water (ice cold)
6 onions diced
12 garlic cloves finely diced
6 sweet bell peppers coarsely diced
600 g fresh tomatoes chopped
1,000 g corn (can)
1,200 g kidney beans (can)
2,400 g chunky or pureed tomatoes
cayenne pepper, pepper, paprika powder sweet, chili powder/dried chili
if necessary, some vegetable broth for thinning

Add water to the **vegan&moi** mixture and stir well directly until the powder is completely dissolved. Allow to swell for at least 15 minutes. The Chili sin carne can now be prepared similar to the original recipe (with minced meat).



Cevapcici

Recipe for 3,000 g mass

- 1,000 g **vegan&moi**
- 2,000 g water (ice cold)
- 2,400 g onions/shallots (brunoise)
- 6 cloves of garlic chopped
- 50 g paprika powder sweet
- 20 g paprika powder hot

Mix the onion, garlic and the spices with the **vegan&moi** mix. Add water to the mixture and stir

well, until the powder is completely dissolved. Allow to swell for at least 15 minutes. Portion the mixture and form cevapcici. Fry cevapcici in vegetable fat on all sides until they have taken on a nice color (in total about 7 minutes).

Classically served with: Ajvar, sweet bell pepper rings, onion rings tomato slices

Puff pastry rolls

Recipe for approx. 120 mini puff pastry rolls

1,000 g **vegan&moi**
2,000 g water (ice cold)
60 g chives in fine rings
approx. 6 fresh puff pastry sheets, depending on their size

Mix the chives with the **vegan&moi** mix. Add water to the mixture and stir well directly, until the powder is completely dissolved. Allow to swell for at least 15 minutes. Divide the puff pastry sheets in half. Spread the mixture on about $\frac{3}{4}$ of each, spread the rest with water. Roll up the puff pastry. Cut off slices of approx. 1.5–2 cm thickness and place them on baking sheets with baking paper. Bake at 200°C for about 15 minutes. The mini-rolls can also be baked deep-frozen or raw.



Fillings



Filling mass Greek style

The filling mass is enough for approx. 90 pieces / sticks with 45 g filling each.

1,000 g **vegan&moi**
2,000 g water (ice cold)
600 g vegan feta cubed
300 g olives in slices
600 g spinach (frozen)
30 g spice gyros style
5 g rosemary

Add all the ingredients to the mixture, add water and stir directly well until the powder is completely dissolved. Leave to swell for at least 10 minutes. Process the filling mass within 30 minutes.

Filling mass French style

The filling mass is enough for approx. 90 pieces / sticks with 45 g filling each.

1,000 g **vegan&moi**
2,000 g water (ice cold)
300 g shallots/onions (brunoise)
300 g spring leeks in slices
450 g crème fraîche vegan
450 g grated cheese vegan



Add all the ingredients to the mixture, add water and stir directly well until the powder is completely dissolved. Leave to swell for at least 10 minutes. Process the filling mass within 30 minutes.

Filling mass Mexican style

The filling mass is enough for approx. 100 pieces / sticks with 45 g filling each.

- 1,000 g **vegan&moi**
- 2,150 g water (ice cold)
- 300 g sweet bell pepper (brunoise)
- 450 g corn
- 450 g kidney beans
- 600 g grated cheese vegan Cheddar-Style
- 5 g paprika powder (hot)

Add all the ingredients to the mixture, add water and stir directly well until the powder is completely dissolved. Leave to swell for at least 10 minutes. Process the filling mass within 30 minutes.



Filling mass Italian style

The filling mass is enough for approx. 90 pieces / sticks with 45 g filling each.

- 1,000 g **vegan&moi**
- 1.850 g water (ice cold)
- 180 g shallots/onions (brunoise)
- 50 g frozen herb mix
- 900 g chopped tomatoes
- 450 g grated cheese mozzarella-style

Add all the ingredients to the mixture, add water and stir directly well until the powder is completely dissolved. Leave to swell for at least 10 minutes. Process the filling mass within 30 minutes.

Sausage Merguez Style

Recipe for 3,000 g mass

1.000 g **vegan&moi**

2.000 g water (ice cold)

5-15% merguez seasoning (depending on the seasoning mix)

If using dry seasoning, mix the spices with the **vegan&moi** mix. Add water to the mixture and stir well until the powder is completely dissolved. Let it swell at least 15 minutes and then continue to make sausages as usual. If using liquid seasoning, mix the merguez seasoning with the water, add to the **vegan&moi** mix and stir well until the powder is completely dissolved.



Filling mass Merguez style

Puff pastry boats: filling mass is enough for approx. 70 boats with 45 g filling each, puff pastry sheets 10×10 cm, baking time 20-25 minutes at approx. 200 °C

Puff pastry tulips: filling mass is enough for approx. 65 tulips with 50 g filling each, puff pastry sheets 10×10 cm, baking time 25-30 minutes at approx. 200 °C

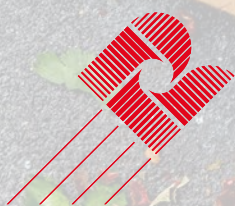


Filling mass Merguez style with vegan Feta cheese



vegan&moi

With **vegan&moi** you get raw material mixtures tailored for your vegan product line.



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