



**vegan&moi**

*The taste of vegan!*



100% vegan, 100% variety, 100% taste!

**vegan&moi** are purely plant-based mixes for various meat substitutes. Easy to prepare: depending on the mix, simply add water or oil. Carefully selected and finely balanced ingredients make **vegan&moi** a taste experience with a fabulous bite and mouth feel. The finished dishes look almost like the meat "originals".

**vegan&moi** is good for animal welfare, the environment and for us: the basic product (vegan mix) is low in fat, cholesterol-free and high in fibre, and it contains 35% pea and sunflower protein. It also provides essential and non-essential amino acids.

**vegan&moi** is made without palm oil!



HALAL?

Of course!

PRIVATE LABEL?

We'll develop an individual, tailor-made solution for you!

3 basic mixes:

**vegan&moi** AROMATIC, PURE and PURE RED

#### **vegan&moi** AROMATIC:

Basically ready seasoned – just add water. For a wide variety of dishes such as burger patties, meatballs, Bolognese sauce, lasagne and many more ... Add your own choice of other ingredients, spices or herbs for your own personal touch.

#### **vegan&moi** PURE:

Almost neutral in flavour and very light, just add salt, water and oil. Add your own seasoning mix to make your own sausages, fillings and fake "chicken" products such as nuggets.

#### **vegan&moi** PURE RED:

Almost neutral in flavour but in the same red colour as the Aromatic, just add water and oil. This is the first choice for anyone who wants a substitute for "minced meat products" while adding spices and seasoning to suit their own palate.



*versatile*

Burgers today, nuggets tomorrow, then Bolognese? Not a problem. Use our 3 basic mixes to create a wide range of really delicious vegan products and dishes with very little additional effort.

*long shelf life*

**vegan&moi** keeps well without refrigeration, which makes it ideal for storing. The mix is prepared in moments, so can always be made fresh.

*prepare in advance*

Rissoles, burger patties, meatballs, nuggets, lasagne (and...and...and...) are easy to prepare in advance and then freeze. The products can be fried or heated from frozen!

*Suitable for machine production*

**vegan&moi** is very easy to process on industrial machines, from mixing to measuring.

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*vegan cevapcici*

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# Basic recipes

## AROMATIC

### Burger patties

Recipe for approx. 25 patties, 120 g each

- 1.000 g **vegan&moi** AROMATIC
- 2.000 g cold water

Combine **vegan&moi** 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.



## PURE

### "Chicken style" nuggets

Recipe for approx. 95 nuggets, 30 g each

- 1.000 g **vegan&moi** PURE
- 1.700 g cold water
- 140 g oil
- 40 g salt

Stir salt into **vegan&moi** PURE. 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.



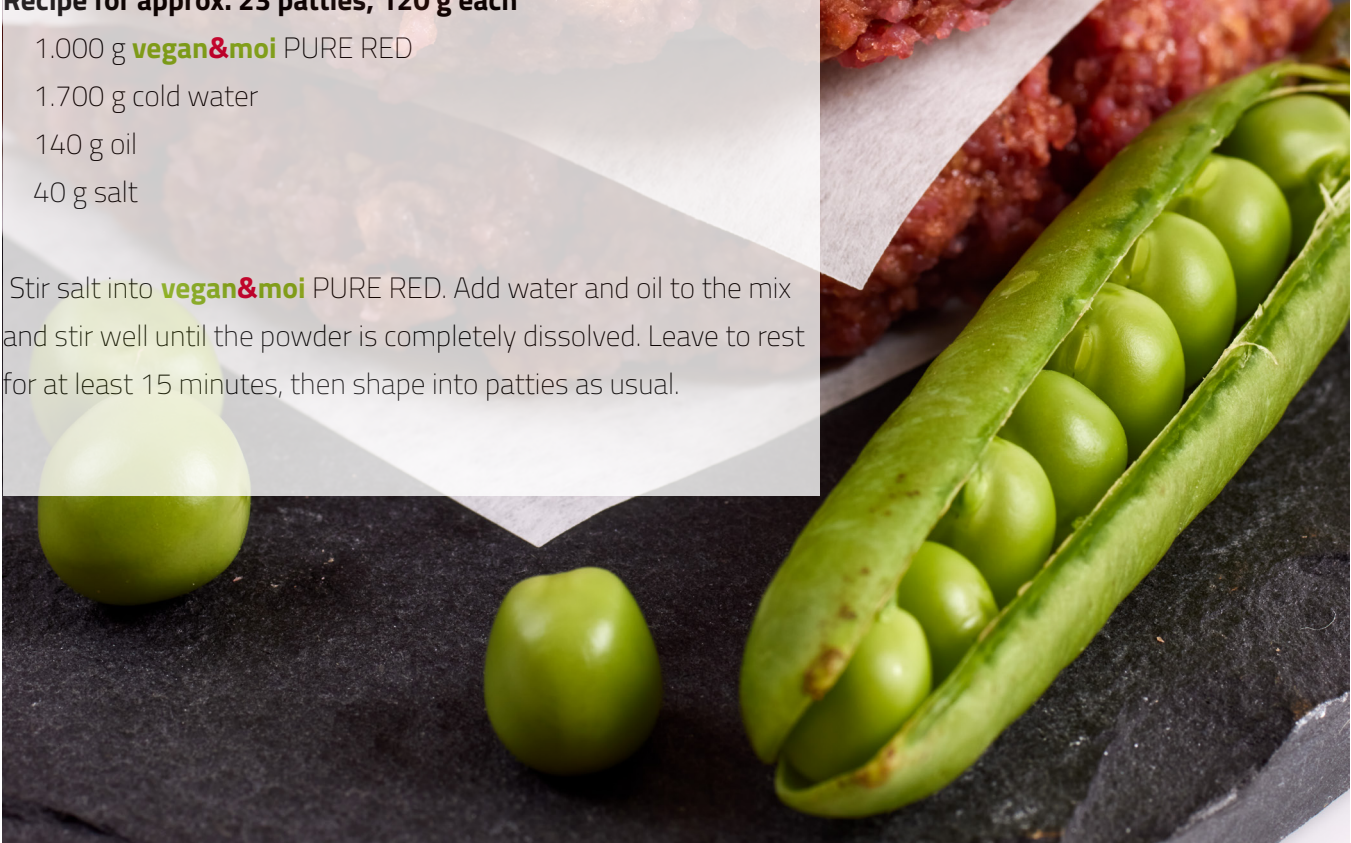
# PURE RED

## Burger patties

Recipe for approx. 23 patties, 120 g each

- 1.000 g **vegan&moi** PURE RED
- 1.700 g cold water
- 140 g oil
- 40 g salt

Stir salt into **vegan&moi** PURE 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"



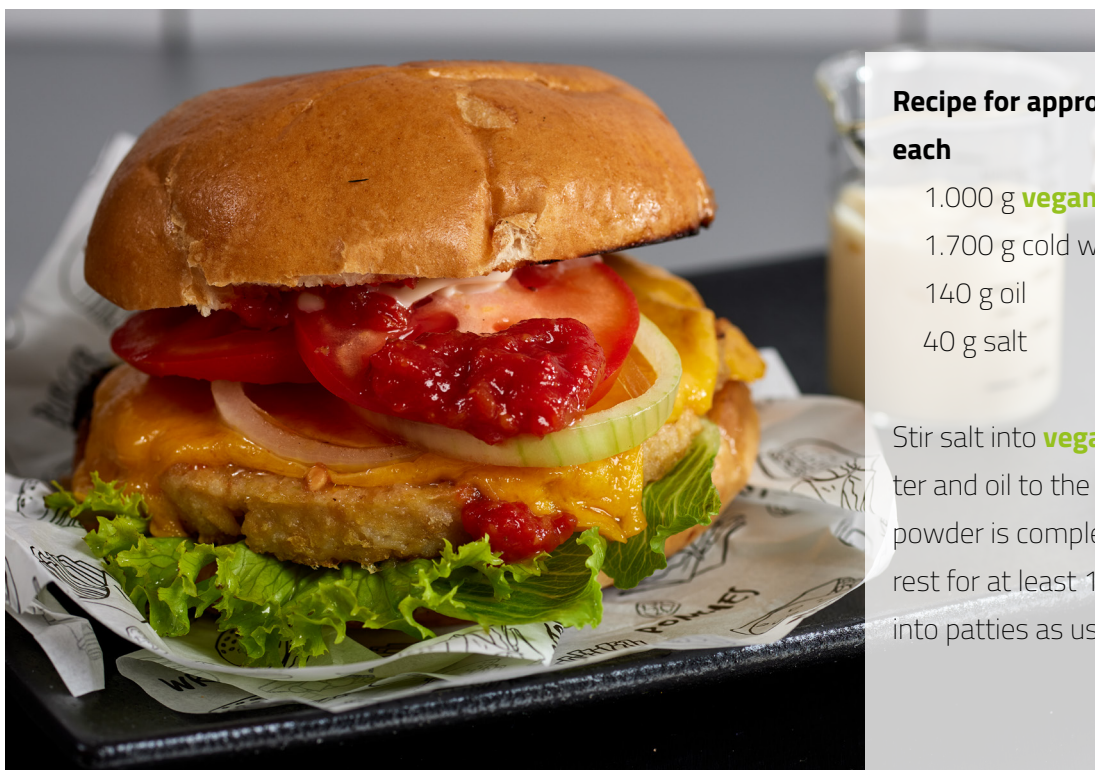
**Recipe for approx. 80 nuggets, 45 g each**

1.000 g **vegan&moi** PURE  
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 **vegan&moi** PURE. 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 **vegan&moi** PURE  
1.700 g cold water  
140 g oil  
40 g salt

Stir salt into **vegan&moi** PURE. 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.

# Meattoaf



## Recipe for 1 kg meatloaf

350 g **vegan&moi** PURE  
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 **vegan&moi** PURE. 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 **vegan&moi** PURE
- 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 **vegan&moi** PURE. 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 **vegan&moi** PURE 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 **vegan&moi** PURE 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 **vegan&moi** PURE RED
- 1.700 g cold water
- 140 g olive oil
- 40 g salt
- 120 g toasted pine nuts, chopped
- 6 garlic cloves, crushed
- Tomato sauce
- Chopped parsley to garnish

Combine the pine nuts, salt and garlic with **vegan&moi** PURE 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.

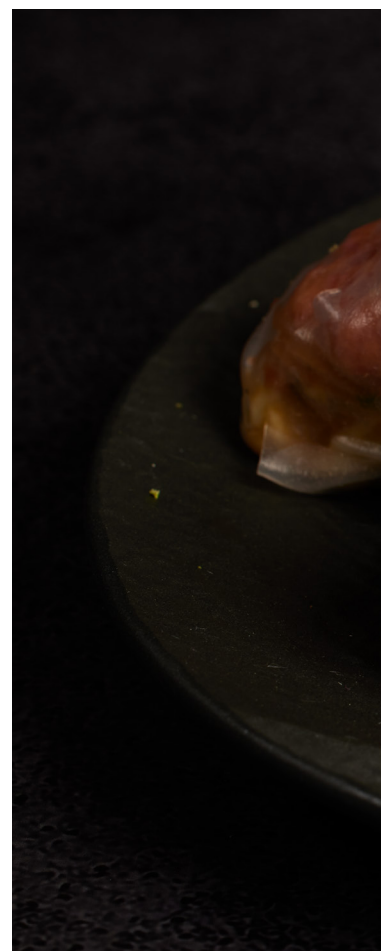
# Classic burgers



## Recipe for 24 burgers (2.880 g burger mix)

- 1.000 g **vegan&moi** PURE 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 **vegan&moi** PURE 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 **vegan&moi** PURE 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 **vegan&moi** PURE 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 **vegan&moi** PURE 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 **vegan&moi** PURE 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  
(**vegan&moi** PURE RED) as the base**

2.000 g **vegan&moi** 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 **vegan&moi** 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 <b>vegan&amp;moi</b> PURE RED	200 g grated cheese
1.200 g cold water	2 spring onions (sliced)
100 g vegetable oil	3 ciabatta (sliced)
250 g mushrooms (sliced)	Seasoning to taste
250 g herb dip/quark	

Combine the spices/seasoning with **vegan&moi** PURE 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 **vegan&moi** 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 **vegan&moi** 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 **vegan&moi** 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 **vegan&moi** Bolognese

2.500 g vegan Béchamel sauce

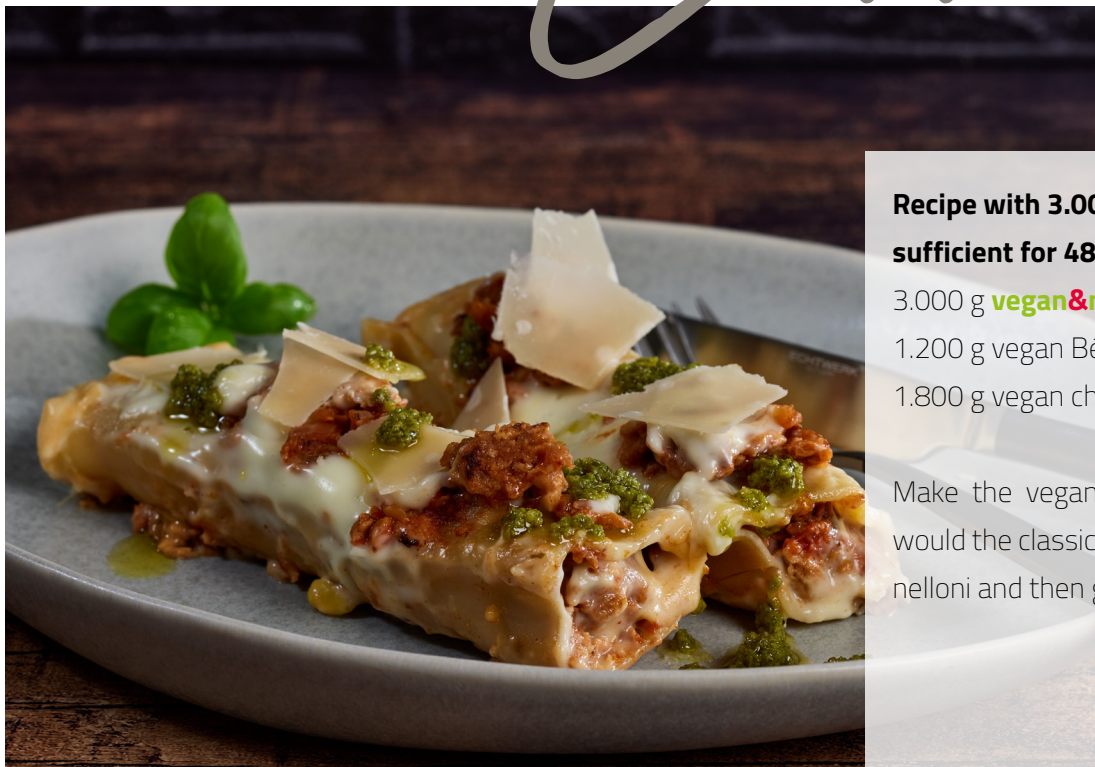
Approx. 48 lasagne sheets for 4 layers

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 **vegan&moi** 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 can-  
nelloni and then gratinate.

# Pizza with vegan mince



## Recipe for 10 pizzas

1.000 g **vegan&moi** AROMATIC

2.000 g cold water

Italian spice mix to taste

20 tomatoes, roughly chopped

Approx. 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 **vegan&moi** 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 **vegan&moi** mix on top and finish with your choice of other ingredients.

# Puff pastry rolls

## Recipe for approx. 120 puff pastry rolls

1.000 g **vegan&moi** AROMATIC

2.000 g cold water

60 g chives, thinly sliced

Approx. 6 fresh puff pastry sheets, depending on size

Combine the chives with **vegan&moi** 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 **vegan&moi** AROMATIC

2.000 g cold water

6 small onions/shallots (finely diced)

Approx. 4.0 l vegetable stock to cook the meatballs

1.5 l vegetable stock for the sauce

Approx. 100 g vegan butter

Approx. 90 g flour

Capers to taste

1.5 l vegan cream

Juice of 3 lemons

Salt, pepper, pimento

Chopped parsley

Combine the onions with **vegan&moi** 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.

# Barbecue skewers

## Recipe for approx. 40 skewers

1.000 g **vegan&moi** AROMATIC

2.000 g cold water

30 wheat tortillas (diameter approx. 20 cm)

Add water to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes. If you like, you can add herbs or spices to the dry mix first. Spread the **vegan&moi** mix evenly over the tortillas, leaving a generous 1 cm edge. Roll the tortillas up as tightly as possible. Cut off the empty ends of the rolls. Slice each roll into 6 pieces. Thread 5 pieces flat onto each skewer. Now fry the skewers on both sides in hot vegetable oil for approx. 4-5 minutes or place under the grill and grill on both sides.



### Recipe for 36 pieces

1.000 g **vegan&moi** 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 **vegan&moi** 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.



Shrimp dumplings  
wabiwan

# Potato praline



## Recipe for 72-84 pieces

- 1.000 g **vegan&moi** AROMATIC
- 2.000 g cold water
- 60 g chopped parsley
- 4.500 g dumpling dough half & half

Combine the chopped parsley with **vegan&moi** AROMATIC. Add water to the mix and stir well until the powder is completely dissolved. Leave to rest for at least 15 minutes, then shape into little balls. Shape the dumpling dough into the corresponding number of balls. Make an indentation in the centre of each one, insert a ball, and then form a round dumpling again. Press down lightly on the dumplings and shape them into a square. Fry the potato pralines on both sides in vegan butter until nice and crispy, about 5 minutes on each side. Goes well, for instance, with mushrooms and leeks.

# Chilli sin carne



## Recipe for approx. 10 kg chilli

- 1.000 g **vegan&moi** AROMATIC or PURE 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 **vegan&moi** 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.

<b>vegan&amp;moi</b> 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 **vegan&moi** 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.

<b>vegan&amp;moi AROMATIC</b>	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.



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.

<b>vegan&amp;moi AROMATIC</b>	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

## 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.

<b>vegan&amp;moi</b> 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.

<b>vegan&amp;moi</b> 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*

<b>vegan&amp;moi</b> 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

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

Combine the mushrooms, herbs, fried onions and salt with **vegan&moi** 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.

# Merguez

Basic mix

## Recipe for 3.000 g mix

**vegan&moi** PURE RED 1.000 g  
Oil 140 g  
Water (cold) 1.700 g  
Merguez seasoning (depending on combination 5-15%)  
Salt as required

Combine the merguez seasoning (if dried) with **vegan&moi** PURE RED. Add water and oil to the mix and stir well until the powder is completely dissolved. Continue processing and shape into sausages without leaving it to stand. If using a liquid seasoning, combine it with the water and oil, then add to the **vegan&moi** PURE RED mix and continue processing as described above.

Simmer the sausages at 75°C for 30 minutes (do not use a boiling chamber).

# Classic Bratwurst

Makes 1 kg of a neutral vegan basic mix  
plus herbs and spices

<b>vegan&amp;moi</b> PURE	350 g	Basic recipe for sausages
Oil	50 g	
Water	600 g	
Salt	22.5 g	
Pepper, white	3 g	
Marjoram	2 g	
Nutmeg	2 g	
Parsley	2 g	



Combine the spices with **vegan&moi** PURE. Add water and oil to the mix and stir well until the powder is completely dissolved. Continue processing and shape into sausages without leaving it to stand.

After filling the sausage casings, simmer the products at 75C° for 30 minutes, which will make them nice and stable.

# Cheese 'n' chilli griller

Makes 1 kg of a neutral vegan basic mix  
plus herbs and spices

<b>vegan&amp;moi</b> PURE	350 g
Oil	50 g
Water (cold)	600 g
Salt	22.5 g
Cheese, vegan	100 g
Cayenne pepper	5 g
Pepper, white	3 g
Ground paprika, sweet	6 g
Garlic powder	2 g
Sugar	2 g
Chilli flakes	5 g
Red pepper, fresh, diced	50 g

Prepared in the same way as the classic  
Bratwurst





# vegan&moi

Use **vegan&moi** for tailor-made mixtures for your vegan product line.



 **KRAFTICUS**  
VEGAN FOOD



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