

 **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:

Seasoned with just a little salt and pepper, otherwise virtually 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

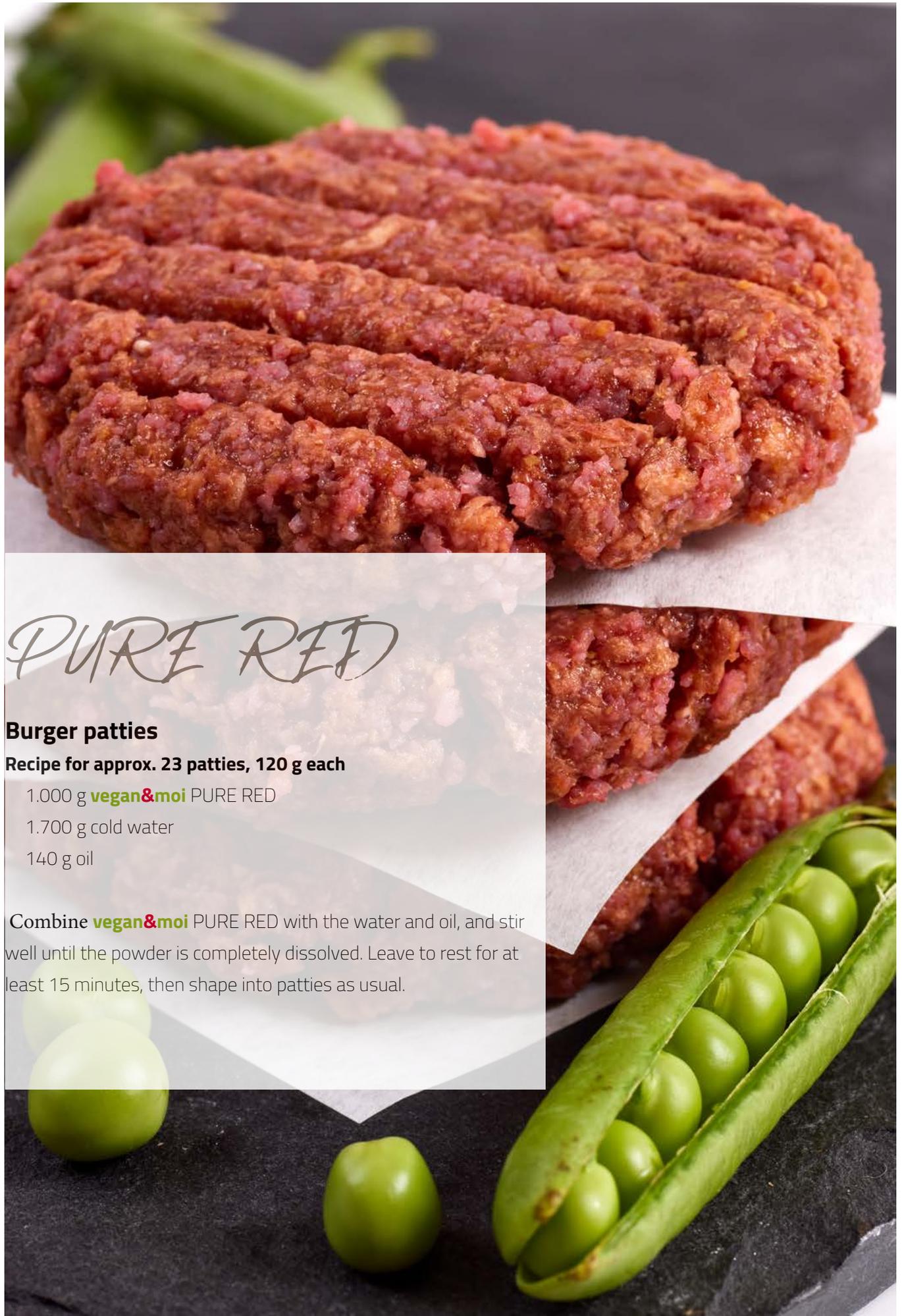
"Chicken style" nuggets

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

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 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 3.450 g mix

- 1.000 g **vegan&moi** PURE RED
- 1.750 g cold water
- 230 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 3.150 g mix

- 1.000 g **vegan&moi** PURE RED
- 1.750 g cold water
- 230 g olive oil
- 120 g toasted pine nuts, chopped
- 6 garlic cloves, crushed
- Tomato sauce
- Chopped parsley to garnish

Combine the pine nuts 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
- 2 carrots (Julienne strips)
- 50 g mixed herbs, frozen (Asian style)
- 35 sheets wonton dough

Combine **vegan&moi** PURE RED with the 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 vegan&moi 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

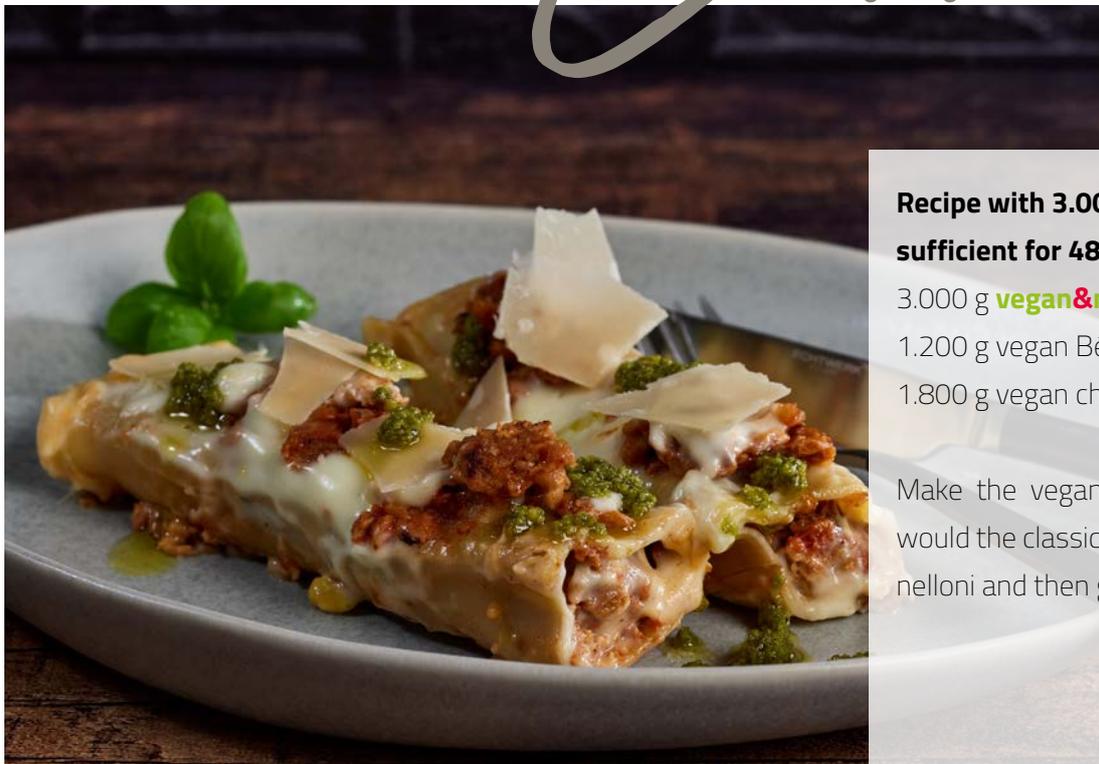
Approx. 48 lasagne sheets for 4 layers

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.



Swabian dumplings

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)
- 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.

vegan&moi 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.

vegan&moi 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.



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.

vegan&moi 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

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.

vegan&moi 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.

vegan&moi 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.

vegan&moi 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 **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

vegan&moi 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

vegan&moi 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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