



Eco-Cuisine, Inc.

A Flexitarian® True to Nature Company

## Instant Soy Pudding 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.



Strawberry Napoleon

**Description & Recipe Application/Uses:** Eco-Cuisine’s Instant Soy Pudding mix is light yellow in color, with a mild vanilla scent and the texture is a fine granulation. By simply adding oil and water the basic dry mix becomes a great tasting, nutritious traditional pudding that is lower in fat than most desserts. Soy or dairy milk may be substituted for an even richer flavor, and there are numerous and varied culinary applications including pastry cream for pie fillings, icings, mousses, cream cake/tort fillings, parfaits, classical desserts, and rice puddings. What is unique about this new pudding mix is that the flavor is delicate enough to complement any added flavors like Chocolate, Lemon, etc., so there is maximum versatility in both the flavor and applications. Bone char free sugar used in the mix. Kosher certified

### **Soy Pudding Recipe Sampling:**

- Vanilla Pudding
- Peanut Butter Mousse
- Mocha Ice Cream
- Coconut Cream Pie Filling
- Chocolate Pudding
- Rice Pudding
- Lemon Ginger Pudding
- Pumpkin Torte
- German Chocolate Icing
- Vegan Meringue

## **INSTANT CHOCOLATE SOY PUDDING**

YIELD: 2 cups or 20.5 oz. Chocolate Pudding

4 ounces  
¼ cup  
6 tablespoons  
1½ cups  
3 tablespoons  
1 teaspoon

**Eco-Cuisine Instant Soy Pudding Mix**  
granulated sugar  
cocoa powder  
water  
oil or palm shortening  
vanilla extract

1. Mix pudding, sugar and cocoa powder together in mixing bowl and mix to evenly disperse.
2. Pour water and vanilla into the mixing bowl and mix with paddle on medium speed for 1 minute to incorporate. Stop mixer and add melted oil or shortening and continue mixing for another 3-4 minutes on medium speed to develop the pudding’s smooth texture and delicate flavor.
3. Pour into pie shell, spread evenly and refrigerator for 4 hours or until cold and serve.