



Eco-Cuisine, Inc.

A Flexitarian® True to Nature Company

REDUCED SODIUM “BEEF STYLE” BROTH POWDER

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 or call at (303) 402-0289. Product training videos are on Eco-Cuisine’s web page at 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.



Beef Style broth powder is used to enhance the flavor of beef style dishes (Seitan and Gr. Beef) and prepare sauces and soups.

Description & Recipe Application/Uses:

Vegetarian “Beef Style” Broth is a blend of vegetables, spices, & natural flavors. The granulation is fine overall &, when rehydrated, is light brown in color. The flavor profile is both savory & sweet. Recipe applications include vegetarian & meat-based sauces, soups (i.e. French Onion), stews, bean dishes (& tofu helper), casseroles, & meat loaves. “Beef Style” Broth is all-natural, vegan/vegetarian, & can be substituted in any recipe application which specifies meat-based beef broth or to add beef-like flavorings. Kosher certified

Broth Recipe Sampling:

- Seitan Pepper Steak
- Savory Beef Style Breaded Tofu
- Bolognese Sauce
- Andalusian Vegetable Cream Soup
- Beef Style Seitan Stroganoff
- French Brown Sauces

Andalusian Vegetable Cream Soup

This soup was developed from Henri Paul Pellaprat's "Great Book of French Cuisine." It has been a five-star soup in every establishment in which Chef Pickarski has served it.

Yield: 4 cups

2 cups	peeled and finely diced potatoes
1 cup	peeled and finely diced onion
1 cup	½-inch diced tomatoes
½ teaspoon	minced garlic
2 Tablespoons	canola oil
½ teaspoon	sea salt
Gr. Black Pepper,	to taste
2 Tablespoons	Unbleached flour
2 Tablespoons	Eco-Cuisine Vegan Beef-Style Broth Powder
¼ cup	Tomato juice
3 cups	Plain soy milk
¼ cup	Cooked brown rice
1	Scallion, sliced diagonally

1. Sauté the potato, onion, tomato, and garlic in the oil, with the salt and pepper, for about 5 minutes, stirring occasionally.
2. Sprinkle on the flour and cook until the mixture has thickened and the flour is cooked (about 5 minutes).
3. Dissolve the Vegan Beef-Style Broth Powder in the tomato juice and add it to the vegetable mixture. Add the soy milk and cook, stirring constantly to prevent the vegetables from burning, until the soup thickens. Stir in the rice. Serve the soup hot with a garnish of scallions.