



Eco-Cuisine, Inc.

A Flexitarian® True to Nature Company

ECO-CUISINE VEGAN BEEF-STYLE SEITAN QUICK 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 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.



Description & Recipe Application/Uses:

Known as "wheat meat", is a meat analogue/vegetable protein that can replace beef or pork in traditional recipes. The dry mix has a light brown color, a floury texture, simply adding water to the basic mix, plus any desired combination of savory flavoring ingredients, then mixing, forming and cooking, the result is a low substitute with the texture and color of cooked beef. Swiss Style Shredded Seitan, Seitan Stroganoff, Lettuce, Tomato), bean charcuterie, etc., & are limited only by the chef's creativity. Seitan is freeze-thaw stable & has a shelf-life of 5-7 days when cooked & stored as directed. This product is all natural. Cost is about 1/3rd the cost of prepared seitan. Kosher certified

Seitan Recipe Sampling:

- Seitan Pepper Steak
- Seitan Swiss Steak
- Seitan a la
- Seitan Style Seitan à la Normandy
- Beef Style Seitan Stroganoff
- Seitan Lettuce & Tomato Sandwich
- Marinated Seitan & Vegetables
- Broccoli Beef-Style Seitan Delmonico

Eco-Cuisine Beef-Style Seitan Lettuce & Tomato Sandwich

Yield: 25 sandwiches

6¼ pounds Seitan, sliced into 25 four-ounce portions, prepared using **Eco-Cuisine Vegan Beef-Style Seitan Quick Mix**

3¼ cups	tamari or soy sauce
3¼ cups	water
25 tablespoons	minced garlic
½ tablespoon	natural liquid hickory smoke (optional)
3¼ cups	canola oil
50 slices	whole wheat bread
50 slices	tomato
50 pieces	leaf lettuce
50 tablespoons	vegan mayonnaise

1. Prepare Seitan according to your preferred [production method](#).
2. Mix the tamari, water, garlic, and liquid smoke together. Marinate the sliced Seitan in this mixture for a few minutes.
3. Heat the oil in a sauté pan or tilt fryer. Sauté the Seitan until golden brown and drain.
4. Toast the bread and spread mayonnaise on both pieces. Place the Seitan on one piece of bread. Add the tomato slices and lettuce leaves and top with the second slice of bread.