

QUICHES -TOFU & AUTUMN VEGETABLES

Ingredients:

2 packs “BURGERS WITH PUMPKIN TOFU”

or “BURGERS WITH RADICCHIO” Mediterranea

Dough:

350g. Wheat flour,

5g. Dry yeast,

1 tablespoon extravirgin olive oil,

1 tea-spoon salt,

Some water.

Preparation:

In a food processor place the tofu burgers and process in a blender for 60 seconds to combine.

Add the dry yeast and 2 tea-spoon cane sugar in half glass of warm water, mix all and leave the mixture to settle 15 min.

In a large bowl, combine the flour, salt, olive oil, the yeast, some water and stir well to form a soft dough. Place the bowl in a warm place, and let rise for 2 hours or until doubled.

When the dough has doubled, transfer it to a floured work surface and using a rolling pin form a 5 mm thick circle and transfer it to an oiled pan (25 cm diameter). Stretch it, as needed, to fit the pan. Add the processed mixture and cover all with the remaining dough. Bake 25 min. at 180°C- 200°C.

SEITAN & BROWN RICE BALLS

8/10 balls:

1 pack “CROQUETTES SEITAN ” Mediterranea (200 gr)

(Ingredients: seitan, brown rice, carrots, onion, celery, thyme, garlic, extra virgin olive oil) **Breadcrumbs., Frying oil**

Preparation:

Crumble the croquettes in a bowl and form 8/10 balls 2 cm diameter. Roll them in the breadcrumbs and quickly deep-fry. Don't cook them, just quickly fry - seitan croquettes are already cooked. Serve them with your favourites sauces and salsas!

OLIVES TOFU BALLS

1 pack. “BURGERS WITH OLIVES TOFU”(200 gr)

8/10 balls:

(Ingredients: tofu, olives, onion, extravirgin olive oil, garlic, fennel, chilli) **Spelt breadcrumbs, Frying oil**

Preparation:

Crumble the croquettes in a bowl and form 8/10 balls 2 cm diameter. Roll them in the breadcrumbs and quickly deep-fry. Don't cook them, just quickly fry - tofu burgers are already cooked. Serve them with your favourites sauces and salsas!

...TO-MISO

Use it as a matured cheese or process it with vegetables to create salsas.

Use to add flavour to soups, grains, pasta, salads or steamed vegetables!



Grano e soia dalla natura alla tavola

MEDITERRANEA S.r.l.

Seitan and Tofu recipes

**100% vegan
100% organic
100% no ogm**

info@mediterraneabio.it

ROASTED SEITAN SUGGESTIONS

(Serves 4)

1 Roasting Roll Mediterranean (300 gr)

Ingredientis for the broth:

1 glass of water

½ glass tamari sauce

3 tablespoon olive oil

some rosemary

Cut the roasting roll into slices 1/2 cm thick, transfer them in a saucepan and heat them over medium heat in the broth for 1-2 minutes. Excellent with roasted potatoes.

BRAISED SEITAN

(Serves 4)

1 pack Natural Seitan Mediterranean (300-400 gr)

3 carrotés (cutted into cubes), 1 minced onion

2 cups vegetal broth, ½ glass white wine

2 cl. Olive oil, 1 celery stalk

Rosemary, some bay laurel leaves

Broth: Boil 2 cups of water with ½ vegetal buillon cube for 2 minutes. Roast seitan cutted in slices or cubes with oil, rosemary, onion, carrotés, celery, bay leaves. After some minutes add the white wine and let all dry. Add the vegetal broth and cook over low heat. Take off the mix of vegetables and mince them in a blender, then transfer the mixture to seitan again. Cook an additional 10 min.

SEITAN WITH CAPERS IN A RED WINE SAUCE

(Serves 4)

1 1/2 cups of Brown Basmati Rice

200 grams of Natural or Spelt Seitan

Small sliced red onion

2 small courgettes sliced

1/2 cup red wine

1 dessertspoon capers

1 tablespoon single cream

Salt and Pepper to taste, Put rice on hob to cook. Fry the onion and courgettes in a little olive oil, slice Seitan, toss in flour and add. Cook for 3-4 minutes over a medium heat. Add the wine and capers, stir, and add the cream. Serve immediately.

SEITAN KEBABS

Cube Barbeque Seitan Cube Aubergines, mixed peppers, squash, mushrooms, baby sweetcorn and mushrooms. Place on skewer. Grill or Barbeque.

CHINESE STYLE SEITAN

(serves 4)

200 to 250 grams Natural Seitan, 1 1/2 cups soft noodles,

1 stick celery chopped, 2 small carrotés chopped,

1 medium onion, chopped fresh ginger grated (about a small thumbnail size) to taste, Soy sauce, Roasted Sesame seed

Place chopped vegetables and ginger in wok and stir fry until just tender. Add Seitan and noodles with soy sauce. Serve and top with roasted sesame seeds.

OVEN ROASTED CHERRY TOMATO

SEITAN

(serves 2)

Half pack (150 grams) Sliced Barbequed Seitan

1 small sliced Onion, 6-8 Cherry Tomatoes

Balsamic Vinegar

Olive Oil

Salt

Simply place Seitan, Onion and tomatoes on greased baking tray, sprinkle with olive oil and balsamic vinegar and bake for 15-20 minutes.

TOFU WITH GREEN PEAS

(Serves 4)

2 Panetti Natural Tofu Mediterranean (300 gr)

2 cups "vinaigrette" (water, shoyu, vinegar)

1 onion, 2 cloves of garlic

1 carrot, 1/2 cup green peas, fresh ginger grated, freshly chopped parsley

Cut Natural tofu into cubes and add the vinaigrette. Chill for 1 hour, then flour the cubes and fry them. In the meantime saute the minced onion and garlic, add the minced carrotés, the green peas and a pinch of salt. Cook an additional 10 minutes over medium heat, add the fried tofu and cook an additional 5 minutes. Serve with freshly chopped parsley.