

👍 Ey like it vegan



My recipe book for specials & classics



LEMON CURD



VEGAN EGGS SUNNY SIDE UP



MYEY LIQUEUR



CARNIVAL DONUTS



SAUCE HOLLANDAISE

Many thanks

Many creative minds have contributed to the creation
of this recipe series.

Many thanks to all who enrich the world with their contemporary vegan dishes
and thus make it a bit better.

Enjoy your meal



MyEy recipe book

A real egg replacer- in the present day kitchen indispensable. A universal kitchen and baking aid for shape, color and taste. But how is a modern, health-conscious person supposed to be able to enjoy the traditional egg dishes without an animal egg? Quite simply - with MyEy, the real plant-egg!

MyEy combines the whole range of baking and cooking properties - from foamed masses, baking, loosening to the right vegan egg dishes like scrambled eggs and fried eggs (sunny side up). MyEy is not only free from cholesterol and animal fats, but also soy-free and VEGAN-certified and ORGANIC-certified.

MyEy is experiencing a steadily growing interest, because some dishes could not be prepared vegan until recently. Through this worldwide uniqueness, MyEy has been awarded the Peta Progress Award in 2014 as a "trend-setting and exemplary company" with its "advanced products for an ethical lifestyle".

Let yourself be seduced by MyEy's kitchen variety and conjure up delicious, traditional dishes with the simple recipes especially designed for MyEy. Have fun while cooking. MyEy makes it possible - Ey like it!

Cooking and baking with MyEy

Everything binds, somehow. And some things are referred to simply as "egg substitutes", even conventional ingredients, which often only share one property with eggs or are only slightly similar. Perhaps banana may give the ice cream a certain suppleness, apples may prolong the preservation, chia or linseed may give dishes a longer structure by virtue of viscosities, but does that qualify them as egg substitute?

Probably hardly, because of a real egg replacer is expected to cover the whole range of functionality. So it is not only important to have very good binding properties, a powerful color spectrum and a classic harmonic taste, but also, especially for the animal egg typical full foaming properties - only then it is a real plant egg - like MyEy!



as:

SOUPS & STARTERS



SEMOLINA DUMPLING



SPINACH BRUSCHETTA



NAPKIN DUMPLING



VEGAN SCRAMBLED EGGS ON TOAST



SCHOEBERL WITH SMOKED TOFU

MAIN COURSES & SIDE DISHES



POTATOES CORDON BLEU



SPICY VEGAN EGG OMELETTE



WILD GARLIC-KNOEPFLI



CELERY SCHNITZEL



SPAETZLE (CHEESE NOODLES)

SPECIALS & CLASSICS



LEMON CURD



VEGAN EGGS SUNNY SIDE UP



MYEY LIQUEUR



CARNIVAL DONUTS



SAUCE HOLLANDAISE

Cakes & pies



Cookies & pastries



Desserts & sweeties



plant egg

(Lat. In vegetabili ovum)



recommended by chickens*

* also by bakers, confectioners, doctors, sportsmen and enthusiastic cooks

sweet & sinful

✓ VEGAN ✓ SOY FREE

Recipe for about 15 donuts

Carnival donuts part 1

All year round, but in carnival - they have to be!



Ingredients:

250 g of spelt white flour (type 700)
250 g of flour, handy (type 480)
150 ml of rice-almond milk
1 tbsp. of sugar, fine-grained
50 g of margarine, melted
1 cube (42 g) of fresh yeast
15 g of MyEy EyWeiß (egg white replacer) + 75g of cold water + 1 pinch of salt

5g of MyEy EyGelb (egg yolk replacer)
grated zest of one lemon
1 tbsp. of rum
½ tsp. of bourbon vanilla
neutral vegetable oil for frying
apricot jam for filling + some rum
powdered sugar for sprinkling

Preparation:

Heat the rice-almond-milk until lukewarm, add a tablespoon of sugar and MyEy EyGelb (egg yolk replacer), sprinkle the yeast and dissolve it while stirring. Add 150 g of spelt white flour and make a supple dough. Cover it with a clean dish cloth and leave it in a warm place until the pre-dough has increased significantly in volume.

Whisk MyEy EyWeiß (egg white replacer) with water and salt in a high, clean and non-greasy container while keeping the blender jug always at an angle to allow more air to insert. If the MyEy meringue is solid as usual, slowly let the crystal sugar trickle in and continue at the highest level as described above. Combine the remaining flour with the vanilla, add rum, lukewarm liquid margarine, lemon peel, the pre-dough and the EyWeiß (egg white replacer) and mix well with a kitchen machine or hand to a smooth, medium yeast dough. Leave this covered in a warm place until it has increased significantly in volume ... at least doubled. At the latest from now on, there is an absolute ventilation ban, the whole room and the used kitchen accessories are supposed to be nicely warm!

Knead the pastry dough on a floured dough base and divide it into dough pieces of approx. 50 g. Slightly press it on a lightly grounded base to form a ball (grind) and place with a fair distance on a floured, clean cloth. Once all the dough pieces are formed, press them flat and cover them with a clean cloth.

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✓ VEGAN ✓ SOY FREE
Recipe for 15 donuts

Carnival donuts part 2

Fluffy, juicy, filled with delicious apricot jam and yolk-yellow



.... let the donuts rise again until they reach 2-3 times their volume. Heat the frying fat to approx. 170°C (when the stem of a wooden cooking spoon is placed in the oil, bubbles arise) put in the donuts with the top side down, cover and fry for about 3 minutes, turn around and the second side at open lid as well – if the donuts get brown too quickly, reduce the heat.

Remove the fried donuts from the oil and let the fat soak on both sides. Mix the jam with rum, fill it into a spraying bag with a donut spout and fill each donut with approx. 12 g of jam in the middle of the white rim (if possible, checking the weight before and after filling). Sprinkle the donuts with powdered sugar while they're still warm and enjoy as fresh as possible ;-).

Tip: You can also roll out the dough (about 2 cm thick) and cut out dough pieces of about 50 g. Then continue the procedure as described above... If you shape the donuts by turning, they will get an equal form.

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Recipe for approx. 65 anise cookies

Anise cookies

Yolk-yellow and beautiful are the airy light anise cookies



Preparation:

Preheat the oven to 180°C hot air. In a high, clean shaker, pour the MyEy VollEy (whole egg replacer) and salt into the cold water and whip it in a mixing container, held in an inclined position. Let the fine grained sugar trickle in and stir until it becomes thickly foamy, then stir in the warm water. Mix in the bourbon vanilla and the sieved flour. Cover a baking sheet with baking paper, add 1 teaspoon of oil and spread with a piece of kitchen paper.

Now spread the dough with a coffee spoon in a cookie form (diameter about 4 cm) 2 mm thick evenly. Place a maximum of 10 cookies on a baking tray and sprinkle with anise. Bake for about 7 minutes. until the first light golden brown color is visible on the cookies' edges. Open the oven door, leave the baking tray in the oven, and remove one cookie after another using a pallet and bend it over a thick cooking spoon handle. Leave it briefly fixed until the anise bun is overcooled and retains its shape.

The anise cookies can be bent only in hot condition, otherwise they will break – therefore do not put more than 9 cookies on a plate, otherwise one can not follow up with the bending.

After the anise cookies have cooled off, immediately place them in an airtight container, so that they remain crispy, because they like to draw moisture and become tough. Should it still happen, let them “dry again” in the oven at 50°C.

Ingredients:

25 g of MyEy VollEy (whole egg replacer)
125 g of water, cold
150 g of fine grained sugar
120 g of spelt wheat flour
1 knife tip of bourbon vanilla
2 tbsps. of water, warm
aniseed to sprinkle
neutral vegetable oil for the baking paper

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Recipe for approx. 24 meringue “wind rings”

Meringue “wind rings”

A Christmas treat for young and old!



Preparation:

In a clean, non-greasy, high mixing vessel, mix MyEy EyWeiß (egg white replacer) powder with water until it is lump-free. Add a pinch of salt. Whisk with the hand mixer at maximum level, keeping the blender jar always at an angle to allow more air to be whisked into the mixture. Once the MyEy Ey meringue reaches the wished consistency, add a pinch of baking soda. Now let the sugar trickle into the mixture, while continuing to mix the mass with the hand mixer on the highest level. When the whole sugar is stirred in, the foam mass should be firm. Fill the MyEy meringue in a pastry bag with a large star spout. Squirt the mixture in ring-form onto a baking sheet covered with baking paper. Allow the rings to air dry for about 30 minutes.

Bake in the preheated oven at 70°C by circulating air. This takes at least 2-3 hours (depending on the size of the wind rings) until they are completely dry and no longer sticky.

Tip: The “wind rings” can be dyed with food color and / or sprinkled with colorful sugar sprinkles. Likewise, they can be dipped with the underside in chocolate.

Ingredients:

- 125 g of water, cold
- 30 g of MyEy EyWeiß (egg white replacer)
- 300 g of fine-grained sugar or fine grained cane sugar
- 1 pinch of salt
- 1 pinch of baking soda

Optional:

- food color
- sugar sprinkles
- chocolate glaze, dark

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Recipe for about 12 large gingerbread men

Gingerbread men

A bunch of tasty vegan guys - or would you rather use them as Christmas decoration?



Preparation:

Heat the water and dissolve sugar in it, add margarine, agave syrup and sugar beet syrup. Mix the flour varieties with the gingerbread spices, baking powder and baking soda, mix them into the liquid ingredients and knead thoroughly. Store the dough at least overnight in a sealed container (it can also be stored for up to one week in the refrigerator). Roll out the dough with some flour about 8-10 mm thick, cut little men out of the dough. Place them on a baking sheet covered with baking paper (make sure there is enough space between the gingerbread men) and brush them with some plant milk. Bake in the preheated oven at 180°C by top and bottom heat, do not bake too dark.

First let the gingerbread men cool on the baking tray, then place them on a cake rack. Mix MyEy EyWeiß (egg white replacer) with water and a pinch of salt in a high, fat-free mixing vessel while keeping the blender jar always at an angle to allow more air to be whisked into the mixture. Once the MyEy Ey meringue reaches the wished consistency, add a pinch of baking soda. Now trickle in the sugar. At the beginning mix it in rather slowly and then progress to the highest mixing level. When all the sugar is stirred in, the mass should be firm.

Dress the glaze as usual or coat the gingerbread with it. Decorate. Let the gingerbread air dry until the glaze is firm.

Ingredients gingerbread:

325 g of wheat flour
25 g of MyEy VollEy (whole egg replacer)
250 g of rye flour
300 g of agave syrup
100 g of sugar beet syrup
100 g of water
100 g of organic raw sugar
60 g of margarine
1 tbsp. of gingerbread spice
1 tbsp. of baking soda
½ tbsp. of baking powder

plant cream for glazing

Ingredients MyEy glaze:

150 g of fine-grated sugar
50 g of water, cold
10 g of MyEy EyWeiß (egg white replacer)
1 pinch of salt
1 pinch of baking soda
food color, vegan
sugar sprinkles, vegan

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Redcurrant meringue cake

Recipe for a rectangular springform approx. 30x40 cm

A classic, with redcurrant and meringue



Preparation:

Wash, dry and pick the red currant from their stems. Combine the flour with cornstarch and baking powder. Beat the margarine with sugar, vanilla sugar and MyEy VollEy (whole egg replacer) until fluffy. Afterwards add spoonfuls of lemon juice and cream. Then add the flour mixture in several additions and mix well with the mixer.

Pour the dough into the springform covered with baking paper, spread smoothly, sprinkle with the red currants and press them in a little. Bake for 20 minutes in the preheated oven at 180°C by top and bottom heat. Increase the baking temperature to 200°C after 10 minutes.

While the cake is baking, prepare the MyEy foam mass. Boil 300 g of sugar with 100 g of water and agar agar, stir until the sugar has dissolved. Now "spin" the sugar through further simmering 10 min after the boiling point. Mix MyEy EyWeiß (egg white replacer) with 100 g of water and salt in a larger, high, clean and fat-free blender jar while keeping the blender jar at a slight angle, to allow more air to be whisked into the mixture. When the foam mass is firm, add a pinch of baking soda and slowly add 70 g of sugar and continue to whisk. Beat the still hot sugar mixture into the foam mass under constant stirring. Add the lemon zest. Pour the MyEy meringue mass onto the half-baked cake. Sprinkle with some sugar and bake for another 10 minutes at 200°C.

Ingredients cake bottom:

- 280 g of spelt white flour
- 180 g of powdered cane sugar
- 180 g of margarine, warm
- 150 ml of plant cream
- 25 g of MyEy VollEy (whole egg replacer)
- 20 g of cornstarch
- 1 pkg. of baking powder
- 2 tbsp. of lemon juice
- 1 tbsp. of bourbon vanilla sugar

Ingredients foam mass:

- 370 g of fine-grained sugar
- 200 g of water
- 20 g of MyEy EyWeiß (egg white replacer)
- ½ tsp. of agar agar
- grated lemon zest of half a lemon
- 1 pinch of baking soda
- 1 pinch of salt
- 2 tbsps. of granulated sugar for sprinkling

Other ingredients:

- 500 g of red currants

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✓ VEGAN ✓ SOY FREE
Recipe for 6 persons

Baked cheesecake without a bottom

A cheesecake with berries - always tastes good!



Ingredients for cheesecake without ground for a spring form with a diameter of 18 cm:

75 g of margarine

100 g of sugar

1 pulp of the vanilla pod

17 g of MyEy VollEy (whole egg replacer)

85 ml of water

4 tbsps. of wheat semolina

1/2 tsp. of lemon zest

280 g of plant cream cheese

250 g of plant quark

coconut oil

margarine for the form

raspberries

blueberries

powdered sugar

Preparation:

Preheat the oven to 180°C. The margarine must be softened and at room-temperature so it won't form clumps and fat pockets in the dough. Stir margarine with sugar, lemon zest and the pulp of the vanilla pod in the kitchen machine. Stir the slightly tempered lukewarm water with the MyEy VollEy (whole egg replacer) and put together with wheat semolina into a mixing bowl. Stir well until smooth. Then stir in the cream cheese and quark.

Put baking paper on the bottom of the springform. Close the rim and cut off the excess paper. Grease the form with some margarine. Fill the cake dough into the springform. Bake in a preheated oven at 160°C (circulating air!) for 50 minutes.

After baking, allow the cake to cool down on a cake rack. Decorate with fruits and powdered sugar before serving.



sweet & sinful



MyEy liqueur cuts

Recipe for a rectangular springform with approx. 30x40 cm

Chocolate biscuit meets loose-light cream cream with crowning MyEy liqueur



Photo / (original) recipe: Heidemarie Recherger

MYEY LIQUEUR CUTS

Ingredients:

sponge cake base:

210 g of spelt white flour
190 g of fine-grained sugar
150 ml of rice milk, 30 g of cocoa
30 g of MyEyWeiß (egg white replacer) + 150 g of water
3 tbsps. of neutral vegetable oil
1 tbsp. of baking powder
1 tbsp. bourbon vanilla sugar
1 pinch of salt, 1 pinch of baking soda

Ingredients cream filling:

600 g of vegetable cream, whippable, cold
200 g of white, plant chocolate
2 tps. of agar agar + 150 ml of rice milk
3 packages of cream stiffener

Ingredients MyEy liqueur topping:

300 ml of MyEy liqueur according to recipe
¾ tsp. of agar agar + 100 ml of rice milk

Preparation:

Sponge cake base:

Stir rice milk, oil, cocoa and 1/3 flour smoothly. Whip MyEy EyWeiß (egg white replacer) with water and a pinch of salt in a high, fat-free blender jar, while keeping the blender jar slightly at an angle to allow more air into the foam mass. If the foam mass is firm as usual, add a pinch of baking soda. Slowly add sugar and vanilla sugar and continue to beat until a meringue mass is formed. Mix the remaining flour with baking powder, sieve it into the meringue mass, add a little bit of rice milk mix in between and gently fold in with the whisk until it is a homogeneous mass.

Put the sponge cake mass into the baking tray, which is evenly laid out with baking paper, and bake for about 8 minutes in a preheated oven at 220°C by top and bottom heat.

Whip 600 ml of vegetable cream with cream stiffener, melt chocolate in the water bath, stir 2 tps. of agar agar in 150 ml of rice milk, boil and simmer for 3 minutes. Then mix 1/3 of the whipped cream with the chocolate and agar agar in the mixer and mix quickly with the whisk under the remaining cream.

Place the cream filling on the chocolate sponge cake base and spread the cake smoothly with a cake server. Stir ¾ teaspoon agar agar in 100 ml of rice milk, boil and simmer 3 minutes, mix in the MyEy liqueur, spread over the cream and cool.

sweet & sinful



Recipe for 2l liqueur

MyEy Liqueur

The perfect vegan alternative for those who love egg liqueur

Preparation:

Whip the chilled vegetable cream and slowly stir in the vanilla pudding. Mix fine the cane sugar in a blender with the addition of MyEy EyGelb (egg yolk replacer) and VollEy (whole egg replacer), carob kernel flour and add. Now add the white rum and the bourbon vanilla. Immediately fill the liqueur in bottles, refrigerated it is durable for several months and can also be used with flour-based recipes like conventional egg liqueur.

Tip: The liqueur bottled in beautiful bottles and nicely labeled is a great gift for Christmas, but also for Easter and inbetween.



MYEY LIQUEUR



Ingredients:

- 700 g of vanilla dessert pudding
- 700 ml of rum, white
- 500 g of vegetable cream, whippable
- 350 g of cane dust sugar
- 20 g of MyEy EyGelb (egg yolk replacer)
- 10 g of MyEy VollEy (whole egg replacer)
- 1 tsp. of bourbon vanilla
- 1 tsp. of carob kernel flour



sweet & sinful

Lemon curd

✓ VEGAN ✓ SOY FREE
Recipe for 2 small jam jars

A sweet British lemon spread, which not only makes a good figure for scones



Preparation:

Mix cane sugar, lemon juice, MyEy EyGelb (egg yolk replacer) and lemon peel in the blender. Mix approx. 5 tbsps. of the mixture with the cornstarch, boil the rest, put in the starch mixture, boil while stirring and allow to simmer for approx. 1-2 minutes while stirring. Remove from the heat and stir it into the margarine, cut into cubes, and the vegetable cream and homogenize again in the blender. Fill the hot Lemon curd in a screwed glass and store it in the refrigerator.

Tip: Lemon curd is particularly delicious as bread spread or to scones, but can also be used for many desserts and pastries.



Ingredients:

- 220 g of cane sugar
- 180 ml of lemon juice
- 120 g of margarine
- 100 g of vegetable cream
- 2 tbsps. of cornstarch
- 20 g of MyEy EyGelb (egg yolk replacer)
- zest of 3 lemons, finely grated

sweet & sinful

Pancakes

✓ VEGAN ✓ SOY FREE
Recipe for about 10 pcs.

The American classic - the small local pancake



Ingredients:

- 250 ml of vegetable milk natural
- 150 g of spelt white flour
- 50 g of water + 10 g of MyEyEyWeiß (egg white replacer)
- 10 g of MyEy EyGelb (egg yolk replacer)
- 3 tbsps. of fine-grained sugar
- 2 tbsps. of cornstarch
- 1 tsp. of baking powder
- 1 knife tip of bourbon vanilla
- 1 pinch of baking soda, 1 pinch of salt

Preparation:

Mix the flour with cornstarch, MyEy EyGelb (egg yolk replacer), vanilla and baking powder, add the vegetable milk and stir until smooth. Soak the MyEy EyWeiß (egg white replacer) with 50 g of water and a pinch of salt in a high, fat-free blender jug while keeping it always at an angle so that more air is blown into the MyEy meringue (beaten egg white replacer). Finally, add a pinch of natron and continue stirring. As soon as the MyEy meringue is firm as usual, let the fine-grained sugar trickle in slowly and continue whipping at the highest level until the mass is beautifully stiff. Carefully lift the MyEy meringue under the thick liquid dough – by hand. In a coated pan, melt some margarine and spread it with a pastry brush.

Pour the pancake dough in the center with a small ladle, until the typical pancake size of approx. 15-17 cm is reached. Close the pan with a lid and bake the pancake over medium heat until the surface is no longer doughy. Now turn the pancake and bake the other side until golden brown. Serve the pancakes with maple or fruit syrup while still warm.

Tip: The pancakes can also be prepared with fruits such as blueberries, diced apples or banana slices and / or served to a scoop of ice cream. The classic companion is of course a real maple syrup.



sweet & sinful

Sacher cake

✓ VEGAN ✓ SOY FREE

Recipe for a form with 18 cm diameters

The world-famous cake classics



Preparation:

Whisk MyEy EyWeiß (egg white replacer) with 150 g water and a pinch of salt in a larger, high, clean and fat-free mixing container, while always keeping the blender jar at an angle, so that more air is blown into it. If the MyEy meringue (beaten egg white replacer) is firm, add a pinch of soda and slowly add 150 g of fine-grained sugar.

Whip the soft margarine and mix with MyEy EyGelb (egg yolk replacer), powdered sugar and the vanilla until fluffy. In the meantime, melt the chocolate in a water bath and add to the fluffy mass in portions alternately with 100 ml of almond milk. Mix cocoa with 100 ml of almond milk and stir into the chocolate mass together with 50 g of flour.

Mix 150 g of flour with baking powder. Then put the EyWeiß (egg white replacer)-mass, the chocolate mass, the crumbs and the sieved flour mixture into a larger dish alternately in portions and carefully fold in using a whisk. Divide the dough and put it into 2 small cake forms (or set the round baking frame accordingly), having laid it out with baking paper beforehand, and bake in the preheated oven at 180°C by top and bottom heat for 40 minutes (baking test).

Let it cool down shortly in the mold, loosen the baking mold or baking frame and pull with the baking paper onto a cake rack. When completely cooled off, cut the cake bottoms straight at the top, put together with apricot jam, spread the outside with heated apricot jam and glaze.

Ingredients stirred dough:

200 g of spelt white flour
150 g of chocolate, dark
150 g of fine-grained sugar
100 g of icing sugar
30 g of MyEy EyWeiß (egg white replacer) + 150 g of water, cold
100 g of margarine, room temperature
100 g of breadcrumbs
200 ml of almond milk
20 g of MyEy EyGelb (egg yolk replacer)

30 g of cocoa powder
1 pkg. of winestone baking powder
1/2 tsp. of bourbon vanilla
1 pinch of salt
1 pinch of soda

Other ingredients:

Apricot jam
margarine and crumbs for the mold
chocolate glaze or fondant

spicy & hearty

MyEy-Spread

✓ VEGAN ✓ SOY FREE
Recipe for 6 persons

The healthy version of a traditional spread on crisp, fresh bread



Preparation:

MyEy EyWeiß (egg white replacer) and MyEy EyGelb (egg yolk replacer) are each mixed with water and salt in separate bowls with a small egg whip until free of lumps. Coat a layered pan with a little oil, fill in a half amount of EyWeiß (egg white replacer), give a half amount of EyGelb (egg yolk replacer) in small blots on it, and spread so that the mass is marbled. Fry on medium heat, until the surface begins to sting, then turn over the "omelette" and fry the other side until the EyWeiß (egg white replacer) is thickened but not brown.

The same procedure with the second half of the mass. Let the fried MyEy cool down completely on 2 plates before cutting it into small cubes. Mix the mayonnaise with plant yoghurt, finely diced onion, chopped capers and parsley and stir in the MyEy. Season with MyEy egg seasoning, salt and pepper.

Tip: Optionally, the MyEy-spread can be refined with finely cut pickles or red paprika.



Ingredients:

200 g of water + 70 g of MyEy EyWeiß (egg white replacer) + 1 pinch of salt
70 g of water + 40 g of MyEy EyGelb (egg yolk replacer) + 1 pinch of salt
some vegetable oil
200 g of vegetable mayonnaise
200 g of vegetable yoghurt natural, unsweetened (for example lupine, almond, ...)
1 small onion
1 tbsp. of parsley, chopped
10 capers, MyEy egg seasoning, salt, pepper

spicy & hearty

Vegan eggs sunny side up

✓ VEGAN ✓ SOY FREE

recipe for 4 normal-sized vegan eggs

"sunny side up" - freshly served with toasted bread

sunny side up or 12 mini-sunny side up



Ingredients:

- 35 g of MyEy EyWeiß (egg white replacer)
 - 100 g of water
 - 3 pinches of salt
 - 20 g of MyEy EyGelb (egg yolk replacer)
 - 30 g of water
 - 1 pinch of MyEy egg seasoning
- some oil for the pan



Preparation:

Mix the MyEy EyWeiß (egg white replacer) and the MyEy EyGelb (egg yolk replacer) each separately in bowls with water and MyEy egg seasoning with a small whisk. Coat a layered pan with some oil and spread the slightly foamy MyEy EyWeiß (egg white with a small spoon into 4 (or 12) portions. Now place 4 (or 12) round cookie cutters in the center, fill in the MyEy EyGelb (egg yolk replacer) with a small spoon and smoothen. Cover the pan while on medium heat for 1-2 minutes and remove the cookie cutters. Sprinkle with freshly grounded pepper and roast on medium heat until the EyWeiß (egg white replacer) is slightly brown on the bottom and can easily be removed from the pan. Finally, glaze the EyGelb (egg yolk replacer) with some oil from the pan (carefully glaze with oil).



Tip: Served on toast with vegetable ham and vegetable cheese, vegan fried eggs are just as delicious as with cream spinach.

spicy & hearty

Spicy cheese waffles

✓ VEGAN ✓ SOY FREE
Recipe for 10 waffles

Quickly made, fluffy and gorgeous with delicious vegetable cheese



Photo / (original) recipe: Heidemarie Rechnerberger

SPICY CHEESE WAFFLES

MyEy

Ingredients Waffle dough:	1 1/2 tsp. of salt
400 ml of vegetable milk natural, unsweetened	1 tsp. of oregano, dried
300 g of spelt white flour	Other ingredients:
150 g of vegetable cheese, finely grated	Oil for the waffle iron
20 g of MyEy VollEy (whole egg replacer)	
3 tbsps. of olive oil	
1 tbsp. of apple cider vinegar	
1 pkg. of baking soda	

Preparation:

Whip plant milk, olive oil, apple cider vinegar, salt and MyEy VollEy (whole egg replacer) with the blender until slightly frothy. Mix the flour with the baking powder, add it and mix well with the blender. Now add the grated cheese and oregano and fold in by hand.

Coat the waffle iron thinly with oil and let it become hot. Fill in the dough with a tablespoon and spread over the entire surface (not too high, because the wafers are twice as high). Inbetween, open the waffle iron, slowly and briefly to control the tan and bake until the waffles are golden brown and slightly crispy.

Tips: The recipe can also be varied with other herbs and spices (e.g. paprika , chilli, ...) or a part of the vegetable cheese can be replaced by some roasted onions, pepper cubes, tofu peck cubes (tofu cut into cubes, fried all around in oil until crispy and deglazed with a little soy sauce) or vegetable ham.

You can eat the waffles warm or cold, they taste great to leaf lettuce and a garlic yoghurt dip, to other spicy sauces, but also simply to ketchup.

Cold, small-cut waffles are also a good base for various appetizers for a cold buffet.

spicy & hearty

Semolina dumpling soup

✓ VEGAN ✓ SOY FREE
Recipe for 2 persons

An easily made semolina dumpling soup for people in a hurry



Preparation:

Bring the water to a boil together with the margarine, some salt and nutmeg. Pour the semolina. Heat the mixture until a dough clump, which detaches from the pot, is formed, while constantly stirring. Allow to cool off briefly, stir in well the parsley, potato starch and stirred MyEy VollEy (whole egg replacer). Let the semolina dough cool off for another 15 minutes and let it swell.

In the meantime, put on a large pot of salt water. Cut out and shape the dumplings with the help of two tablespoons. As soon as the water boils, reduce the heat slightly and simmer the semolina dumplings for 20 minutes.

Heat the vegetable broth and place on a plate together with the semolina dumplings. Serve with fresh chives.

Ingredients:

100 g of durum wheat semolina
150 ml of water
40 g of plant margarine
1/2 tsp. of salt, some nutmeg
1 tbsp. of potato starch
2 tbsp. of parsley, finely chopped
freshly cut chives for serving
10 g of MyEy VollEy (whole egg replacer) + 2 tsps. of water
400 ml of vegetable broth

spicy & hearty

✓ VEGAN ✓ GLUTEN FREE ✓ SOY FREE

Recipe for 3 - 4 persons

Sauce hollandaise

Wonderfully creamy and less calories than before



Preparation:

In a large, high, clean and fat-free mixing vessel, whisk the water with MyEy VollEy (whole egg replacer), keeping the blender jug always slightly at an angle to allow more air to blow. If the foam mass begins to solidify, add a pinch of soda, pour in 1 teaspoon of sugar and continue to whip.

Mix the white wine with the vegetable broth, the lemon juice and the cornstarch, bring to the boil while stirring, and simmer until it thickens, then remove from the stove. Now stir in the whipped foam mass with the whisk, put back on the stove and add the margarine at a very low heat. Then melt while stirring and stir in the almond butter as well. Season with salt and pepper and serve immediately.

Tip: Traditionally, sauce hollandaise is served to asparagus, but also to stewed carrots, broccoli and cauliflower it tastes excellent. Very good are also strips of vegan ham, roasted smoked tofu or "bacon" of smoked tempeh. For this, cut the smoked tempeh lengthwise into thin slices, fry in some oil on both sides, extinguish with soy sauce, turn and continue frying until the tempeh has absorbed the soy sauce.

Ingredients:

- 150 ml of vegan white wine
- 150 ml of clear vegetable broth
- 80 ml of cold water + 15 g of MyEy VollEy (whole egg replacer)
- 50 g of margarine
- 15 g of cornstarch
- 3 tbsps. of light almond butter
- 1 tsp. of sugar
- 1 tsp. of lemon juice
- 1 pinch of baking soda, salt, pepper

spicy & hearty

✓ VEGAN ✓ GLUTEN FREE ✓ SOY FREE

Recipe for 4 persons

Vegan scrambled egg

If you want an easy and hearty meal



Preparation:

Cut onions into cubes and fry them with 1 tsp. of oil in a coated pan until golden yellow. Cut tomatoes and add to the pan. Stir 40 g of MyEy EyWeiß (egg white replacer) with 200 g of water and 1 tbsp. of oil with a help of a whisk until lump-free. Pour over the tomatoes in the pan. Cover and let it thicken at medium heat (approx. 7-8 minutes). Stir 10 g of MyEy EyGelb (egg yolk replacer) with water until lump-free and pour it over MyEy EyWeiß (egg white replacer) in the pan (use a cooking spoon for yellow-white marbling).

Let it short thicken and garnish with fresh chive just before serving. Season with MyEy egg seasoning and enjoy your meal warm!

Ingredients:

- 2 onions
- 2 tomatoes
- 1 tbsp. of rapeseed oil
- 40 g of MyEy EyWeiß (egg white replacer)
- 10 g of MyEy EyGelb (egg yolk replacer)
- 250 g of water
- 1/2 bunch chives
- 1 MyEy egg seasoning

sweet & sinful

✓ VEGAN ✓ GLUTEN FREE ✓ SOY FREE
Recipe for 8 persons

Mousse au Chocolat

A real mousse needs a light foam - MyEy makes it possible



Preparation:

Heat the plant milk, remove it from the heat and melt the chocolate in. Mix MyEy EyGelb (egg yolk replacer) with 50 g of warm water and stir in into the warm chocolate-milk mixture, also the grated orange zest.

Whisk MyEy EyWeiß (egg white replacer) with 150 g of water and a pinch of salt in a high, fat-free blender jar, keeping the blender jar slightly at an angle so that more air is blown into the foam mass. If the foam mass is stiff as usual, let the fine-grained sugar trickle in slowly and always beat at the highest level until a meringue mass is formed. Now stir a small portion of the MyEy meringue into the lip-warm chocolate mass. Carefully fold this mixture in the remaining MyEy meringue with a whisk and ensure that the air in the mixture is maintained.

Pour the mousse into a small baking dish and let it cool overnight. With a spoon dipped into water, scoop out little balls of mousse and place as desired on fruit sauce and decorate with fresh fruits, plant cream and chocolate chips.

Tip: White mousse and nougat mousse are also very tasty.

Ingredients:

- 200 g of chocolate, dark
- 150 g of fine-grained sugar
- 100 ml of plant milk
- 30 g of MyEy EyWeiß (egg white replacer)
- 150 g of water, cold
- 10 g of MyEy EyGelb (egg yolk replacer)
- 50 g of water, warm
- 1 pinch of salt
- grated orange zest of half an orange

sweet & sinful

✓ VEGAN ✓ SOY FREE
Recipe for 6 persons

Cream slice

With this cream slice you can't do anything wrong



Puff pastry 2: Cut the second puff pastry with a knife into 8x8 cm pieces, pierce each piece with a fork several times and also bake for 15-20 minutes.

Whip the plant cream for about 5 minutes and place in the refrigerator for 60 minutes. Simmer 1/8 l of water with 100 g of sugar until it pearls. Remove from the stove and allow to cool a little. In the meantime, mix MyEy EyWeiß (egg white replacer) with 250 ml of water and whip for 2 minutes with a hand mixer.

Then add 100 g of sugar and whip for another 8 minutes. Now stir in the slightly cooled sugar water. Put puff pastry into the rectangular cake mold and flatten with a kitchen cloth. Now boil 800 ml of vegetable milk with 10 g of agar agar while stirring constantly, so that no lumps are formed. Add the pudding powder to the remaining 200 ml of vegetable milk, add to milk-agar-agar -mixture and boil the pudding. Pour the MyEy foam mass into the finished pudding and then fill it into the cake mold (puff pastry 1), smoothen and place in the refrigerator for about 1 1/2 h. Now remove the wall of the cake mold, spread the whipped cream on it, cover with the small puff pastry pieces and dust with icing sugar.

Finally, place the cream slice again in the fridge for 2 h.

Ingredients:

2 pcs. of puff pastry
50 g of MyEy EyWeiß (egg white replacer)
250 ml of water
100 g of sugar
1/8 liter of water
100 g of sugar
1 liter of plant milk
4 pkgs. of vanilla pudding
10 g of agar agar

2 pkgs. of plant cream, whippable
icing sugar for dusting

Preparation:

Puff pastry 1: Roll out a puff pastry on the baking sheet and pierce several times with a fork. Then place in the oven (preheated to 180°C) for approx. 15-20 minutes.

sweet & sinful

✓ VEGAN ✓ GLUTEN FREE ✓ SOY FREE
Recipe for 2 persons

Delicious Eggnogg

Eggnogg is the right choice for icy cold winter nights



Preparation:

Mix MyEy EyGelb (egg yolk replacer) and MyEy VollEy (whole egg replacer) with water, add sugar, rum and coconut milk and continue stirring. Warm up the almond milk in the milk frother and stir gently and carefully with the rest by hand. Keep a bit of the milk froth, which will be placed on top of the Eggnogg.

If you like, you can add a pinch of gingerbread spice..

Ingredients:

- 200 ml of almond milk
- 2 tbsps. of solid coconut milk
- 3 g of MyEy EyGelb (egg yolk replacer)
- 8 g of MyEy VollEy (whole egg replacer)
- 50 g of water
- 30-40 ml of rum

sweet & sinful

✓ VEGAN ✓ GLUTEN FREE ✓ SOY FREE
Recipe for 30-32 Meringues

Light Meringues

Sweets with comparatively little calories



Preparation:

Preheat the oven to 100°C (90°C by recirculated air) and cover 2 large baking trays with baking paper. Put MyEy EyWeiß (egg white replacer), salt and water into a bowl and stir with a stirrer for 6 minutes. (Alternatively, mix with a hand stirrer until you can see a knife cut (about 10 minutes.)) Mix the powdered sugar spoon by spoon under the mass with the stirrer and keep stirring for another 5-10 minutes. MyEy foam mass should drop thickly from the spoon and shine.

With the help of an icing bag, sprinkle the Meringues mass in small circular cups of about 2 cm in diameter on the baking tray. Decorate at your discretion. Lean the door of the oven on a wooden spoon and dry/bake for about 2 hours at 100°C. If you have patience and want the foam to be purely white, bake/dry at 90°C for 3-4 hours.

Ingredients:

15 g of MyEy EyWeiß (egg white replacer)
75 ml of water
1 pinch of salt
150 g of powdered sugar

sweet & sinful

✓ VEGAN ✓ SOY FREE
Recipe for 4 persons

A heavenly vanilla cream

Fine and light vanilla cream completes each dessert



Preparation:

Add MyEy EyGelb (egg yolk replacer), sugar and water to a small bowl and mix with a whisk. Heat up 2/3 of the nut milk in a pot. In the meantime, stir the cornstarch and the flour into the remaining third of the cold nut milk with a whisk. Pour the milk-starch mixture into the boiled nut milk (over medium heat) and mix with a mixer. At medium heat, stir for 1-2 minutes with the mixer until the liquid begins to thicken. Now pour the MyEy-sugar mixture into the cream. Continue stirring for 1-2 minutes with the mixer. Remove the pot from the stove and mix the vanilla flavor into the cream. Cover the vanilla cream in the refrigerator for 1-2 hours.

Whip the chilled plant cream. Place 1/5 in a small bowl and place aside. With the help of the hand mixer, stir 4/5 of the whipped plant cream under the vanilla cream. Stir hard until the vanilla cream has become evenly creamy. Put whipping cream stiffener and some sugar into the smaller amount of the plant cream. Stir everything with the mixer. Use this plant cream for decoration.

Ingredients:

13 g of MyEy EyGelb (egg yolk replacer)
80 - 90 g of sugar
70 g of water
5 dl of nut milk
8 g of light flour
50 g of cornstarch

1 tbsp. of vanilla flavor or vanilla sugar
250 ml of vegetable cream, cooled (for whipping)
1/2 pkg. of cream stiffener

Chocolate meringues

Chocolate meringues from Lake Constance



CHOKOLATE MERINGUES

Ingredients:

Chocolate biscuits with almonds:

20 g of MyEy EyWeiß (egg white replacer)
 100 ml of water
 250 g of powdered sugar
 200 g of almonds, grounded
 2 level tbsps. of cocoa powder

Chocolate biscuits with chocolate:

20 g of MyEy EyWeiß (egg white replacer)
 100 ml of water
 250 g of powdered sugar
 100 g of chocolate, dark, grated
 4 level tbsps. of cocoa powder

Preparation:

Chocolate meringues with almonds:

Preheat oven to 150°C (130° by circulating air). Cover 2 large baking trays with baking paper. Place MyEy EyWeiß (egg white replacer) and water in a bowl and mix with a kitchen mixer. Whip (about 10 minutes) until you can see a knife cut. Mix in the powdered sugar in about 4 servings with the stirrer until the EyWeiß (egg white replacer)-sugar mass drops thickly from the spoon and shines. Carefully fold in the almonds and the cocoa with a kitchen spatula. The mass should quickly be applied to the baking tray in small, circular cubes of about 2 cm in diameter, using a teaspoon. Decorate at will with almond flakes or chocolate chips. Leave aside for 15-20 minutes. Bake for 20 to 25 minutes until the meringues are just firm.

Chocolate biscuits with chocolate:

Preheat oven to 150°C (130°C by circulating air). Cover 2 large baking trays with baking paper. Place MyEy EyWeiß (egg white replacer) and water in a bowl and mix with a kitchen mixer. Whip (about 10 minutes) until you can see a knife cut. Mix in the powdered sugar in about 4 servings with the stirrer until the EyWeiß (egg white replacer)-sugar mass drops thickly from the spoon and shines. Carefully fold in the chocolate and the cocoa with a kitchen spatula. Quickly put the mass on the baking tray with the help of a teaspoon in small circular cups of about 2 cm in diameter. Decorate with sprinkles. Bake for 35 to 40 minutes until the chocolate meringues are just firm.



May all beings be happy

What is your favorite MyEy-recipe?

Send us your favorite MyEy recipe to info@myey.info and be part of the next recipe book and win 3x2 MyEy!

Zusendung: info@myey.info Betreff: „Mein MyEy Lieblingsrezept“

MyEy makes it possible!



Organic-content at least 75 %

VolIEy

The whole egg replacer.
Always universally applicable.
For sauces, creams, cakes,
breadcrumb coating etc.



Organic-content at least 75 %

EyWeiß

Full foam and elasticity.
If it should be really fluffy. Foam
masses for meringue, wind rings,
foam rolls, angels' kisses and
much more.



Organic-content 100%

EyGelb

Strong in color,
strong in taste. For sunny side up
or if a full natural color or a spicy
note should enrich your dish.



whippable



VEGAN-certified



ORGANIC-certified



The original from Austria - Available in the well-stocked
specialist trade
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