

👍 Ey like it vegan



My recipe book for cakes & pies



LEMON TART WITH A COVER OF MERINGUE



CHOCOLATE SWISS ROLL



STRAWBERRY CUTS



HAZELNUT CREAM CAKE



APRICOT VANILLA PLANT QUARK CAKE

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

Rhubarb-raspberry-foam Pie Part 1

Recipe for a springform
with a diameter of 28 cm

The easiness of being in tart form



Ingredients tofu-oil dough:

110 g of whole grain spelt flour
10 g of MyEy VolLEy (whole egg replacer)
120 g of spelt white flour
100 g of organic cane sugar
100 g of natural tofu
80 g of soy milk
60 g of rapeseed oil
1 pkg. of winestone baking powder
1 pinch of salt
10 drops of ethereal lemon oil or grated zest
of half a lemon

margarine for springform

Ingredients filling:

50 g of breadcrumbs
50 g of cookies crumbs, vegan
500 g of rhubarb
200 g of raspberries, frozen
2 tbsps. of bourbon vanilla
sugar
1 tbsp. of cornstarch

Preparation:

Dice the tofu and mix with soy milk and rapeseed oil. Mix the other ingredients of the tofu-oil dough into a homogeneous dough. Cover the bottom of the baking tray with baking paper and grease it, as well as the wall, with some margarine.

Push the dough into the springform and pull the sides up slightly. Preheat the oven to 180°C top and bottom heat. Pour the mixture of biscuit- and breadcrumbs on it and fill with a mixture of cornstarch, the shelled and sliced rhubarb and the still frozen raspberries and finally spread vanilla sugar on it. Bake the cake for 15 minutes, increase the baking temperature to 200°C and bake for another 10 minutes. Stir 50 g of water with 150 g of sugar and agar agar, boil it and simmer for 10 minutes at low heat.

In the meantime, pour 50 g of water into a high, clean, non-greasy blender jug with MyEy EyWeiß (egg white replacer) and a pinch of salt and whip it, keeping it at an angle and working at the highest mixer level. If the MyEy meringue is as firm as conventional egg whites, add a pinch of soda, then let the 35 g of fine-grained sugar slowly pour in and continue to beat as described above.

Pour the cooked sugar mass, still hot, very slowly into the MyEy foam mass, add lemon juice or lemon peel and finally spread the foam mass on the half baked cake, not quite up to the edge... see next page...

Rhubarb-raspberry-foam pie Part 2

The perfect rhubarb-raspberry-cake



Photo: (original) recipe: Heidemarie Recherger



Rhubarb and raspberry filling with vanilla sugar



Sugar simmered with water and agar-agar



MyEy EyWeiß (egg white replacer) beaten with sugar



Meringue-mass spreaded on the cake and sprinkled with sugar

Tofu-oil dough with crumbs

Ingredients foam mass:

- 150 g of granulated sugar
- 50 g of water
- 1/4 tsp. of agar agar
- 10 g of MyEy EyWeiß (egg white replacer)
- 50 g of water, cold
- 35 g of fine-grained sugar
- 1 pinch of salt /

- 1 pinch of baking soda
- 10 drops of ethereal lemon oil or grated zest of half a lemon
- some fine-grained sugar for sprinkling

...and create with a jagged dough scraper a pattern. Sprinkle the cake with some fine-grained sugar and bake for another 10 minutes.

Remove the frame from the springform and let it cool.

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Recipe for a tin

Cherries Marilla flat Cake

With this fruit cake you can also inspire the children!



Preparation:

Preheat the oven to 170°C. Mix flour, baking powder, salt and sugar. Combine the margarine with the coconut oil, the grated lemon peel and the vanilla essence and then add the almond milk. Carefully stir the stirred MyEy VollEy (whole egg replacer) under the mixture.

Tip: Then stir in the flour mixture vigorously and quickly (stir only until everything is mixed). At the end, add a dash of lemon juice and spread the dough onto a baking tray covered with baking paper. Pour the diced cherries and quartered apricots into the dough. Spread some crystal sugar over the apricots and then put it in the oven for 50 minutes.

Ingredients:

500 g of cherries pitted and 4 apricots

290 g of margarine

30 g of coconut oil

380 g of sugar

some vanilla essence

1 pinch of salt

grated lemon zest of a half lemon

7 MyEy VollEy (whole egg replacer), stirred (approx. 292 g of water + 58 g of MyEy VollEy)

560 g of wheat flour

3 tsps. of baking powder

170 ml of almond milk

some lemon juice

some crystal sugar for sprinkling



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Recipe for 12 mini ring cakes á 100 ml

Marble – mini ring cakes

These sweet little fluffy cakes are not only for children a real hit



Ingredients:

240 g of spelt white flour
170 g of cane sugar
140 g of margarine, melted
25 g of MyEy EyWeiß (egg white replacer) + 130 g of water, cold
10 g of MyEy EyGelb (egg yolk replacer) + 80 g of water
1 tbsp. of baking powder
1 tbsp. of bourbon vanilla sugar
1 tbsp. of lemon juice
1 pinch of salt

1 pinch of baking soda

some powdered sugar for sprinkling

For the chocolate mass:

3 tbsps. of cocoa
1 ½ tbsps. of water

Preparation:

Mix the spelt flour with the baking powder. Mix MyEy EyGelb (egg yolk replacer) with melted margarine, sugar, vanilla sugar, lemon juice and 80 g of water. Now add half of the flour mixture and mix well with the blender.

Whip MyEy EyWeiß (egg white replacer) with 130 g of water and a pinch of salt in a larger, high, clean and fat-free mixing vessel while keeping the blender jug always slightly at an angle, to allow more air to blow. When the MyEy foam mass is firm, add a pinch of baking soda and continue whipping a little longer. Sieve the rest of the flour mixture into the dough and fold in together with the MyEy foam mass.

Divide the amount of the dough (40% to 60%) and fold the previously stirred mixture of cocoa and water into the smaller quantity. Grease the molds with some margarine and sprinkle with crumbs. Spread the dough alternately in black and white on the molds, marble with a small fork, smoothen and bake in the preheated oven at 180°C by top and bottom heat for approx. 23 minutes. Let cool down for a while, pour out and sprinkle with some powdered sugar.

Tip: The ring cakes can be glazed with chocolate glaze or prepared without chocolate, glazed with sugar glaze and colored sugar decor. It's a hit!

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Recipe for a tin

Strawberry quark cuts

A fruity refreshment makes the afternoon a real treat



Preparation:

The cake bottom:

Mix MyEy EyGelb (egg yolk replacer) with water as described on the package and lightly whip with sugar and vanilla sugar. Then stir in oil and water and mix the whole mass again. Put the bowl aside. Mix MyEy EyWeiß (egg white replacer) with water as described on the package and stir with a hand mixer for at least 5 minutes. Then stir the foam mass under the EyGelb (egg yolk replacer)-mixture with the help of a spoon. Then sieve flour into the mass, add baking soda and baking powder and then fold it in with a spoon. Cover a baking tray with baking paper (the paper should stick out slightly over the edges) and evenly spread the dough mixture. Preheat the oven to 180°C and bake the cake dough on the middle shelf for 20-25 minutes.

The quark mass:

Melt the coconut oil in a small cooking pot and then let it cool briefly. Whip the plant cream in a large bowl with a mixer for at least 5 minutes. Then mix the vegetable quark and the coconut oil with the mixer as finely as possible and add the masses to the whipped plant cream. Then add the grated lemon zest and briefly stir the whole mass again with the mixer. Put the quark mass into the refrigerator for 2-3 hours (the mass becomes stiffer and does not soften the cake base). Finally, spread the cake base with a jam of your choice, spread the quark mass on it evenly and spread the sliced strawberries.

Ingredients for the base:

20 g of MyEy EyGelb (egg yolk replacer)
30 g of MyEy EyWeiß (egg white replacer)
200 g of sugar
1 pkg. of vanilla sugar
1/8 l of oil
1/8 l of water
240 g of flour (wheat flour 480)
1 pkg. of baking powder
1 tsp. of baking soda

For the quark filling:

600 ml of vegetable cream, whippable
1 vegetable quark
2 tbsps. of coconut oil
grated lemon zest of 1 lemon
jam of choice (black currants or strawberries)
300-400 g of strawberries

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Lemon tart with a cover of meringue

Recipe for a form with a diameter of 26 cm

Fruity lemon filling topped with sweet meringue – just like in Italy, la dolce vita vegana



Photo / original recipe: Heidemarie-Rechberger

Ingredients short pastry base:

270 g of spelt white flour
125 g of margarine
100 g of powdered sugar
40 g of water, cold + 10 g of MyEy VollEy (whole egg replacer)
1 tbsp. of bourbon vanilla sugar

Ingredients for filling:

150 g of silken tofu
125 g of water + 30 g of MyEy VollEy (whole egg replacer)
100 ml of lemon juice
100 g of fine-grained sugar

50 g starch
2 tbsps. of vegetable oil
grated lemon zest of 1 lemon

Ingredients meringue:

280 g of fine-grained sugar
150 g of water, cold + 15 g of MyEy EyWeiß (egg white replacer)
75 g of water, 1 tsp. of agar agar, 1 pinch of salt
1 pinch of baking soda
grated lemon zest of ½ of a lemon
some fine-grained sugar for sprinkling
some almond flakes for sprinkling

Preparation:

Prepare the short pastry, cover the cake mould with baking paper, press the dough on it and raise it about 6 cm on the cake mould rim and bake by hot air for 5 minutes at 200°C.

For the filling, mix water with MyEy VollEy (whole egg replacer) in a larger, high, clean and fat-free mixing vessel until the mass begins to foam, slowly allow 100 g of sugar to trickle in while always keeping whipping. Mix the remaining ingredients for the filling in the mixer and lift it under the MyEy foam mass. Fill these in the baked short pastry base, cover with aluminum foil and bake at hot air for approx. 35 minutes at 160°C.

Mix MyEy EyWeiß (egg white replacer) with 75 g of water and a pinch of salt in a larger, high, clean and fat-free mixing vessel, while keeping the blender jug always slightly inclined to allow more air to blow. When the MyEy foam mass is firm, add baking soda and gradually add 55 g of sugar, while continuing to whip. Mix 225 g of sugar with 75 g of water and agar agar and boil. Now "spin" the sugar through further simmering, strictly speaking, from the boiling point around 10 minutes. Under constant stirring, the hot mixture is now whipped very slowly into the MyEy foam mass, keeping the shaker steadily at an angle, then finally add the lemon peel. Allow the mixture to cool down until it is ready to be dressed, apply polka dots to the cooled tart, sprinkle with some fine sugar and almond flakes and leave to embrown for a few minutes at medium heat.

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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 Rechnerger

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 tsps. 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 3/4 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.

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 tsps. 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
3/4 tsp. of agar agar + 100 ml of rice milk

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Apricot poppy crumble cake

Recipe for a rectangular springform with approx. 30x40 cm

Recipes from grandma's Kitchen - a tasty combination



Ingredients:

200 g of wholemeal spelt flour
175 g of spelt white flour
260 g of margarine, melted
75 g of poppy, ground
45 g of MyEy EyWeiß (egg white replacer) + 225 g of water, cold
30 g of MyEy EyGelb (egg yolk replacer) + 150 g of water, cold
300 g of organic cane sugar
1 1/2 pkg. of baking powder

1 tbsp. of bourbon vanilla sugar
1 tbsp. of Amaretto
1 pinch of salt
1 pinch of baking soda
800-1000 g of apricots

Ingredients crumble:

120 g of wholemeal spelt flour
80 g of margarine, cold
60 g of organic cane sugar
40 g of poppy, ground

Preparation:

Wash apricots, dry, halve and pit them. Combine both types of flour with baking powder. Mix MyEy EyGelb (egg yolk replacer) with sugar, vanilla sugar, Amaretto and 150 g of water. Now mix half the flour mixture and the ground poppy with the blender well.

Whip MyEy EyWeiß (egg white replacer) with 225 g of water and a pinch of salt in a larger, high, clean and fat-free mixing vessel while keeping the blender jug always slightly inclined to allow more air to blow. If the MyEy foam mass is firm, add a pinch of baking soda while still whipping. Place the rest of the flour mixture on top of the dough and mix it with the MyEy foam mass and melted margarine with the help of a whisk.

Pour the dough into the baking tray, smoothen and cover with the apricots. The ingredients for the sprinkles are crumbled with the hand so that a crumbly dough is produced. Spread these over the whole cake and bake in the preheated oven at 180°C by top and bottom heat for approx. 40 minutes, remove the frame. If desired, the cake can be sprinkled with some powdered sugar as soon as it is chilled.

Tip: This recipe also tastes great with plums, if you want, you can also use some cinnamon in the dough and sprinkles.

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Scheiterhaufen (Bread and apple pie with cover of meringue)

✓ VEGAN ✓ SOY FREE

Recipe for 4-6 persons

This apple dream brings sweet memories of childhood days back!



Ingredients of the pie:

1 pkg. of rusk (200 g)
800 g of apples, sour
350 ml of rice-almond milk
100 g of fine-grained sugar
50 g of raisins
1 pkg. of organic vanilla pudding powder
20 g of MyEy EyWeiß (egg white replacer) + 5 g of MyEy EyGelb (egg yolk replacer)
2 tbsp. of lemon juice
1 tbsp. of bourbon vanilla sugar

Ingredients meringue:

180 g of fine-grained sugar
150 g of water, cold
30 g of MyEy EyWeiß (egg white replacer)
1 pinch of baking soda
1 pinch of salt
grated lemon zest of 1 lemon

Preparation:

Peel the apples, remove the core, rub and mix with vanilla pudding powder, lemon juice, cinnamon and raisins. In a medium-sized, rectangular baking form, cover the ground with rusk. Mix the rice-almond milk with MyEy EyWeiß (egg white replacer) and MyEy EyGelb (egg yolk replacer) and sugar, as well as vanilla sugar and pour half the mixture with a tablespoon over the rusk. Now add the apple mixture and smooth it out. Place a second layer of rusk in the remaining MyEy mixture and spread the rest of the mixture over it. Bake in the preheated oven at 180°C by top and bottom heat for 20 minutes.

In the meantime, stir MyEy EyWeiß (egg white replacer) with 150 g of 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 to get into the foam mass. When the foam mass begins to get firm, add a pinch of baking soda. When the foam mass is firm as usual, allow the fine-grained sugar to trickle in slowly and continue to beat at the highest level until a meringue mass is formed. Stir in the lemon zest and spread the meringue mass rather “sloppily” on the half-baked pie for another 20 minutes at 180°C top and bottom heat.

Allow the pyre to cool briefly, cut into pieces, sprinkle with some cinnamon and serve.

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Recipe for 15 pieces Krapferl

Punch cake with rum

Not only a New Year's Eve hit – a dream with rum



Preparation:

Sponge cake base:

Follow swiss roll recipe, but allow the baked dough to cool on the plate. Using a round cookie cutter (DM 5-5.5 cm) slice 30 pastry from the baked roll.

Use the remains (about 220 g) for the filling, by crumbling them and mixing them with rum, the glaze (melted in a water bath), the apricot jam and the orange zest. Divide the mass into 15 portions and add them as a filling between two roll slices. Briefly heat the apricot jam with rum, stir until smooth and glaze the entire surface of the filled slices with a backing brush. Let it dry for at least two hours or in the oven at 50°C (by circulating air) with cooking spoon blocking the oven door.

Now mix all the ingredients for the punch glaze, gradually add the rum and red wine. Mix and check the consistency, which should be very thick. Place the punch cakes on a glazing grille, cover the entire surface with the punch glaze, allow to dry and place in the muffin paper inserts.

Ingredients sponge cake base:
see swiss roll recipe

Ingredients apricot glaze:
6 tbsps. of apricot jam
2 tbsps. of rum

Ingredients filling:
220 g of swiss roll dough
50 ml of rum
70 g of chocolate glaze, dark
grated orange zest of 1 orange
3-4 tbsps. of apricot jam

Ingredients punch glaze:
340 g of powdered sugar
4 tbsps. of red wine, vegan
4 tbsps. of rum
4 tsps. of vegetable oil



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Recipe for 12 Cupcakes

Lemon Curd Cupcakes

Fluffy cupcakes with a surprising filling with a creamy topping and a lemony finish



Ingredients muffins:

150 g of spelt white flour
125 g of margarine, room temperature
125 g of powdered cane sugar
100 g of vegetable yoghurt, natural
100 ml of vegetable milk, natural
1 tbsp. of bourbon vanilla sugar
10 g of MyEy EyGelb (egg yolk replacer)
15 g of MyEy EyWeiß (egg white replacer)
1 tbsp. of apple cider vinegar

1 tsp. of baking powder
½ tsp. of baking soda
grated lemon zest of 1 lemon
1 pinch of salt

Other ingredients:

lemon curd (½ amount of recipe)
lemon pieces / yellow sugar decor

Ingredients topping:

1 pkg. of vegan cream cheese (à 225 g)
150 g of chilled vegetable cream
100 g of cane sugar
100 g of lemon curd - see recipe
finely grated zest of 1 lemon
2 pkg. of cream stiffener

Preparation:

Preheat the oven to 180°C top and bottom heat. Mix the vegetable milk with apple cider vinegar. In a separate bowl mix the flour with baking soda and baking powder. Now mix all ingredients with a hand mixer to a homogeneous dough.

Put paper cups in the muffin pan and spread the dough evenly, smoothen and bake for about 23 minutes. Let the muffins cool down slightly, remove them from the muffin pan and allow them to cool on the cake rack. For topping, whip the chilled plant cream with the cream stiffener, mix the cream cheese with lemon curd, cane sugar and lemon oil and then fold in the plant cream.

From the cooled muffins cut out a cone with a small knife and top up with lemon curd. Prepare the topping with a large, smooth spout on the muffins, place a tsp. of lemon curd on it and garnish with a quarter of lemon slice and yellow sugar decor.

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✓ VEGAN ✓ SOY FREE
Recipe for 1 swiss roll

Swiss roll - Part 1

For all who like it round!



Ingredients:

240 g of flour	1 pinch of salt
180 g of fine-grained sugar	1 pinch of baking soda
30 g of MyEy EyWeiß (egg white replacer) + 150 g of water	¼ tsp. of oil
10 g of MyEy EyGelb (egg yolk replacer) + 100 g of water	1 glass of jam of your choice
3 tbsps. of neutral vegetable oil	1 tbsp. of rum
2 tbsps. of lemon juice	some powdered sugar for sprinkling
1 tbsp. of baking powder	
1 tbsp. of bourbon vanilla sugar	

Preparation:

Preheat the oven to 220°C top and bottom heat. Lay out a baking tray with baking paper and spread with ¼ tsp. of vegetable oil. Heat the jam briefly and mix it with rum. Spread out a teatowel with dust sugar by means of a tea strainer. Mix MyEy EyGelb (egg yolk replacer) with 100 g of water, sugar, vanilla sugar, oil, lemon juice and a quarter of the flour without lumps.



Whip 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. When the foam mass is stiff as usual, add a pinch of baking soda. Mix the baking powder with the remaining flour and sieve it into the EyGelb (egg yolk replacer) mixture in portions, adding always a little bit of foam mass in between and gently fold in with a whisk until a homogeneous mass is obtained. Spread the swiss roll mixture evenly on the prepared baking sheet and bake for approx. 8 minutes until golden yellow (not too long, otherwise the dough becomes brittle and breaks when rolling). From now on instructions MUST be followed very quickly.

Swiss roll / Part 2

Now let's start rolling!

Photo / (original) recipe: Heidmarie Reicherger



Preparation 2/2:

Take the baking tray out of the oven. Pull the baked swiss roll base with the baking paper from the plate and quickly pull it over the sugared tea towel, so that the baking paper is on top.

Remove the baking paper quickly and spread the prepared jam with a palette knife on the swiss roll. Now start to roll immediately. Do not roll the tea towel, but squeeze it tighter together to support the roll during the rolling process. At the end, tauten tightly over the finished rolled swiss roll and fix by inserting the edges of the tea towel.

Allow the swiss roll to cool in this form until it reaches the final strength and does not tear on the surface. Lift the almost chilled swiss roll from the tea towel and sprinkle with powdered sugar as desired.

Tip: You can replace a portion of the flour with cocoa and create a chocolate swiss roll.

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Recipe for 4 omelets

Dessert omelets with raspberry cream filling

Enjoy quick, fruity, fun baking with this fluffy sponge cake - it goes very fast



Ingredients dessert omelets:

160 g of fine-grained sugar
140 g of spelt white flour
250 g of water, cold
50 g of MyEy VollEy (whole egg replacer)
20 g of cornstarch
1 tbsp. of bourbon vanilla sugar
1/2 tsp. of carob kernel flour
1/2 tsp. of baking powder
1 pinch of baking soda

Other ingredients:

200 g of raspberries, fresh
powdered sugar
Ingredients cream filling:
300 ml of vegetable cream, whippable
50 g of chocolate, white, vegan
20 g of powdered sugar
1 package of cream stiffener
1 knife point of bourbon vanilla
a little bit of raspberry jam

Preparation:

Preheat the oven at 220°C top and bottom heat. Mark a circle with approx. 16 cm diameter on a sheet of baking paper. Turn the paper over (the circle should appear through the sheet), coat with neutral oil and put it onto the baking sheet.

Spread out a tea towel and sprinkle the middle with powdered sugar. Whip MyEy VollEy (whole egg replacer) in a high, fat-free blender jug, holding the blender jar at an angle so that more air is blown in. When the mass begins to become foamy, add baking soda until the mass is thick-foamed. Slowly add sugar and vanilla sugar and continue to beat. Mix dry ingredients, put to a mixing bowl, add the MyEy foam mass and stir by hand. Pour 1/4 of the mixture evenly onto the circle of the prepared baking sheet and bake for about 4 minutes.

Take the omelet with the baking paper off the baking sheet and swiftly put it on the sugared tea towel, remove the baking paper. Roll over an empty paper towel roll, covered with baking paper, fix with the tea towel until the omelet is chilled, the other 3 will be baked similarly. Whip cream with cream stiffener, melt the chocolate and beat with the other ingredients in the cream. Spread jam on the inside of the omelet, add the cream, spread the raspberries and sprinkle with powdered sugar.

sweet & sinful

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Apricot vanilla plant quark cake

Recipe for a spring form with a diameter of 26 cm

Fluffy filling with real plant quark on crispy short pastry plus apricot



Ingredients filling:

1000 g of vegetable vanilla yogurt (500 g - 24 h drained)
250 ml of vegetable cream
100 g of fine-grained sugar
150 g of water, cold + 30 g of MyEy EyWei (egg white replacer)
50 g of margarine, room temperature
1 tbsp. of carob kernel flour
1 tbsp. of bourbon vanilla sugar
1 pkg. of organic vanilla pudding powder
10 g of MyEy EyGelb (egg yolk replacer)
grated lemon zest of 1 lemon

1 pinch of salt
1 pinch of baking soda

Ingredients shortcrust pastry:

280 g of spelt white flour
150 g of margarine, cold
90 g of powdered sugar
10 g of MyEy VollEy (whole egg replacer)
1 pinch of salt

Other ingredients:

500 g of apricots

Preparation:

To make the shortcrust pastry, mix the spelt flour with the crushed margarine. Knead in the remaining ingredients for the shortcrust pastry and let the mixture cool. For the filling, whip MyEy EyWei (egg white replacer) with 150 g of 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. When the foam mass is stiff as usual, add a pinch of baking soda and slowly pour in the fine-grained sugar and vanilla sugar, while still whipping.

Stir the warm margarine with MyEy EyGelb (egg yolk replacer) until fluffy, add the drained plant yoghurt, carob kernel flour, plant cream, pudding powder and lemon peel and stir until smooth. Carefully fold in the MyEy foam mass. Place baking paper at the bottom of the cake mold, press in the short pastry dough at the bottom and 6 cm up along the springform rim. Now fill in the filling and evenly smooth it out. Cut the apricots in half and spread them with the cut surface up on the top of the filling. Bake the cake in the preheated oven at 170°C by hot air for 60 minutes. Cover the cake the last 10 minutes of baking with a piece of aluminum foil, so that it does not become too dark. Let the cake cool for 10 minutes, remove the springform rim and sprinkle the cake with powdered sugar.

The cake tastes best when cooled, but should be taken out of the fridge 10 minutes before serving.



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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.



Zurich marble cake

Betting, your guests would like to know the secret of this cake?



Preparation:

Chocolate cake part (for the chocolate stars):
 Mix MyEy EyGelb (egg yolk replacer) with water. Add sugar, vanilla sugar and margarine and mix thoroughly using a mixer.

Whisk the MyEy EyWeiß (egg white replacer) and water with a mixer. Mix flour, baking powder and cocoa. Stir half of this mixture into the MyEy EyGelb (egg yolk replacer) mass. Then add half of the plant milk and mix well. Finally, add the rest of the flour mixture and the rest of the plant milk and mix well. Carefully lift the MyEy foam mass (beaten egg white replacer) under the dough. Fill the chocolate dough into the cake form, and bake in a preheated oven at 170°C for 45 minutes.

Allow the cake to cool. Cut the cake into 3 cm thick slices and use a cookie cutter to cut stars out. Bright cake part: Just stir the light cake part as you did before with the chocolate cake cake part. Cover the cake form with baking paper. Fill the bottom of the cake form about 1 cm high with the bright dough mass. Place the previously cut out stars one after the other into the dough mass. Then spread the rest of the dough around the stars so that they are completely covered by the bright dough mass. Bake in a preheated oven at 170°C for 55 minutes.

Ingredients chocolate cake part:

10 g of MyEy EyGelb (egg yolk replacer) + 50 g of water
 15 g of MyEy EyWeiß (egg white replacer) + 75 g of water
 180 g of sugar
 1 tbsp. of vanilla sugar
 120 g of margarine
 250 g of flour
 2 heaped tsps. of baking powder
 30 g of cocoa, 125 ml of plant milk

Ingredients bright cake part:

10 g of MyEy EyGelb (egg yolk replacer) + 50 g of water
 15 g of MyEy EyWeiß (egg white replacer) + 75 g of water
 180 g of sugar
 1 tbsp. of vanilla sugar
 120 g of margarine
 250 g of flour
 2 heaped tsps. of baking powder
 125 ml of plant milk

cookie cutter

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Cherry cake

Recipe for a rectangular springform approx. 30x40 cm

The recipe also works with other summer fruits – so fluffy, just like grandma's recipe!



Preparation:

Wash, dry and pit the cherries. Mix the spelt flour with the baking powder. Mix MyEy EyGelb (egg yolk replacer) with sugar, vanilla sugar, Amaretto and 100 ml of water. Now thoroughly mix half of the flour mixture and the ground almonds (I always grind them myself, also out of almond flakes) with a mixer.

Whisk MyEy EyWeiß (egg white replacer) with 150 g of water and a pinch of salt in a larger, high, clean and fat-free blender jar. Keep the blender jar at a slight angle to allow more air to be whisked into the foam mass. Once the foam mass is firm, add a pinch of baking soda and continue whisking a little longer. Sieve the rest of the flour mixture onto the dough and fold in together with the foam mass and the melted margarine by the help of a whisk.

Pour the dough into the cake form covered with baking paper, spread smoothly and sprinkle with almond flakes.

Spread the cherries and bake in the preheated oven at 180°C by top and bottom heat for approx. 35 minutes. Once the cake has cooled down, sprinkle it with powdered sugar.



Ingredients:

250 g of spelt white flour
170 g of margarine, melted
200 g of cane sugar
50 g of almond, peeled, ground
30 g of MyEy EyWeiß (egg white replacer) + 150 g of water
20 g of MyEy EyGelb (egg yolk replacer) + 100 g of water
1 pkg. of baking powder
1 tbsp. of bourbon vanilla sugar

1 tbsp. of Amaretto
1 pinch of salt
1 pinch of baking soda

Other ingredients:

50 g of almond flakes
500 g of cherries

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Redcurrant meringue cake

Recipe for a rectangular springform approx. 30x40 cm

A classic, with redcurrant and meringue



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

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.

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Recipe for 1 swiss roll

Chocolate swiss roll with fresh cream

Refreshing cream with fruits in a chocolate coating - delicious!



Ingredients chocolate sponge cake:

160 g of fine-grained sugar
120 g of spelt white flour
250 g of water, cold
50 g of MyEy VolLEy (whole egg replacer)
20 g of cocoa powder, dark
20 g of cornstarch
1 tbsp. of bourbon vanilla sugar
1 tsp. of carob kernel flour
1/2 tsp. of baking soda

Other ingredients:

200 g of berries, fresh
powdered sugar for sprinkling

Ingredients fresh cream:

800 g of plant yoghurt, vanilla (24 h drained = 400 g)
250 ml of plant cream, whippable
50 g of powdered sugar
2 pkg. of cream stiffener
1 tbsp. of bourbon vanilla sugar
1 tsp. of carob kernel flour
grated lemon zest of half a lemon

Preparation:

Preheat the oven to 220°C top and bottom heat. Lay out a baking sheet with baking paper and thinly spread with ¼ tsp. of oil. Spread a clean tea towel and sprinkle with dust sugar with the help of a tea strainer.

Whip MyEy VolLEy (whole egg replacer) with water in a high, fat-free blender jar, while keeping the blender jar slightly tilted to allow more air to be whisked into the mixture. When the mass begins to become foamy, add baking soda until the mass is stiff. Slowly add sugar and vanilla sugar and continue to whisk the mass. Mix the flour, starch, cocoa and carob kernel flour in a mixing bowl, add the foam mass and stir by hand. Spread the swiss roll mixture evenly on the prepared baking sheet and bake for about 5 minutes. Pull the baked swiss roll with the baking paper off the tray and place it in a swift movement, with the baking paper facing upward, onto the pre-sugared tea towel. Pull off the baking paper. Cover with a damp tea towel and roll immediately with both tea towels and allow it to cool.

Whip the plant cream with the cream stiffener and mix in the other ingredients for the cream. Carefully roll up the chilled swiss roll, spread the fresh cream over it, sprinkle with fruits and roll up. Now chill the swiss roll in a cool place.

Sprinkle the swiss roll with some powdered sugar before serving.

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Strawberry cuts

Recipe for a rectangular springform approx. 30x40 cm

Fluffy sponge base with light vanilla pudding cream



Preparation:

For the sponge cake base preparation, look at swiss roll recipe. Alterations: Spread the dough into the baking tray covered with baking paper, bake for 10 minutes at 220°C by top and bottom heat. Take it out of the oven and allow it to cool.

For the vanilla pudding cream whip the chilled cream with 2 pkg. of cream stiffener. Mix 1/3 of the plant milk with the vanilla pudding powder. Mix the rest of the plant milk with agar agar and bring it to a boil while stirring. Then bring the pudding powder mixture to a boil and allow it to simmer briefly until the mixture thickens. Mix the hot pudding mass together with cane sugar and margarine in a blender and mix thoroughly. Fill the warm pudding mass into a mixing bowl, mix in a quarter of the beaten plant cream with the mixer. Fold in the rest of the chilled cream with a help of a whisk. Cool the cream.

Place the frame back on the springform, spread strawberry jam onto the sponge base, put the cream mix on it and smoothen the surface. Let it cool slightly. Wash and dry the strawberries and cut them into slices, cover the solid surface of the cream. Stir all the ingredients for the jelly and bring them to a boil. Let the mixture simmer for 2-3 minutes and then allow it to cool for at least 10 minutes until the mixture is just before jell. Pour the jelly with a spoon over the strawberries. Refrigerate for 2-3 hours.

Ingredients sponge cake base:

see ingredients swiss roll

Ingredients vanilla pudding cream:

250 ml of almond-rice milk
200 ml of plant cream, whippable
100 g of margarine
100 g of cane sugar
1 pkg. of vanilla pudding powder (the yellow type)
2 pkgs. of cream stiffener
1 slightly heaped tsp. of agar agar

Other ingredients:

1000 g of strawberries
strawberry jam

Ingredients jelly:

200 ml of water
40 g of cane sugar
30 ml of lemon juice
1 pkg. of red cake glaze

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Mallorquin almond cake

Recipe for a form with a diameter of 26 cm

The smell of almonds, a juicy cake - a culinary short break



Preparation:

Preheat the oven to 180°C top and bottom heat. Lay out the bottom of the cake form with baking paper. Mix MyEy EyGelb (egg yolk replacer) with 100 g of water, lemon zest and lemon juice, vanilla sugar, oil and half of the flour until there aren't any lumps.

Whip 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 can enter the MyEy foam mass. Once the foam mass is stiff as usual, add a pinch of baking soda and slowly trickle the sugar into the bowl, keep stirring. Mix the baking powder in the remaining flour and add it in portions into the EyGelb (egg yolk replacer) mixture.

In between add carefully the foam mass in portions and the ground almonds to the mix by gently whisking it in until the mass is homogeneous. Pour the dough into the prepared cake form and bake for approx. 45 minutes, until the dough begins to turn golden yellow. Cover the cake with aluminum foil when the baking time almost comes to an end. Sprinkle the chilled cake finely with powdered sugar, if desired, use a stencil.

Tip: In Spain the cake is eaten purely, but can also be served with a whipped plant cream.

Ingredients:

- | | |
|--|------------------------------------|
| 150 g of almonds, ground | 4 tbsps. of neutral vegetable oil |
| 140 g of spelt white flour | 1 tbsp. of baking powder |
| 200 g of fine-grained sugar | 1 tbsp. of bourbon vanilla sugar |
| 30 g of MyEy EyWeiß (egg white replacer) | 1 pinch of salt |
| 150 g of water, cold | 1 pinch of baking soda |
| 15 g of MyEy EyGelb (egg yolk replacer) | some powdered sugar for sprinkling |
| 100 g of water, cold | |
| lemon juice and lemon zest of 1 | |

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Hazelnut cream cake

Recipe for a form with a diameter of 24 cm

A classic cake with a light "butter cream"



Preparation:

Mix MyEy EyGelb (egg yolk replacer) with hazelnut milk, vanilla sugar, oil and 1/3 of the flour. Mix MyEy EyWeiß (egg white replacer) with 200 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 MyEy foam mass. If the foam mass is stiff as usual, add a pinch of baking soda and slowly trickle the sugar into the bowl.

Mix the rest of the flour with the baking powder, sieve, mix in the hazelnuts and mix them alternating with the EyGelb (egg yolk replacer) mixture in the foam mass by hand. Pour 1/2 of the dough into a baking form covered with baking paper and bake for 30 minutes at 180°C by top and bottom heat. Let the rest of the dough cool down and then bake the second cake bottom.

Let both cake bottoms cool down and then halve them horizontally. Cook hazelnut milk with cornstarch and VollEy (whole egg replacer) to a pudding, cover with aluminium foil and allow to cool. Stir margarine and powdered sugar until fluffy, then stir by the spoonful the pudding and now stir by the spoonful the melted chocolate. Cool the cream slightly, put the 4 layers of the pies together with the cream, spread cream on the cake outside as well and sprinkle with some cream dots. Coat the side of the cake with hazelnut crocant, place the hazelnuts on the cream dots and complete with a little bit of melted chocolate coating.

Ingredients cake bottom:

- 200 g of hazelnuts
- 185 g of spelt white flour
- 260 g of fine-grained sugar
- 200 g of water + 40 g of MyEy EyWeiß (egg white replacer)
- 125 ml of hazelnut milk + 10 g MyEy EyGelb (egg yolk replacer)
- 125 ml of neutral vegetable oil
- 1 pkg. of baking powder
- 2 tbsps. of bourbon vanilla sugar
- 1 pinch of salt

1 pinch of baking soda

Ingredients hazelnut cream:

- 250 g of margarine
- 250 ml of hazelnut milk
- 150 g of powdered sugar
- 70 g of dark chocolate
- 30 g of cornstarch
- 5 g of MyEy VollEy (whole egg replacer)

Decoration:

hazelnut, chocolate coating, dark hazelnut crocant

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Recipe for 1 sheet

Chocolate banana slices

A light chocolate treat



Photo / (original) recipe: Daniel Paek

Preparation cake bottom:

Lightly beat MyEy EyGelb (egg yolk replacer) with water, sugar and vanilla sugar, then add oil and water and mix again. Pour the flour and cocoa into the mixture and mix thoroughly with a blender.

Whip MyEy EyWeiß (egg white replacer) with water in a large, fat-free jar until it becomes foamy. Then stir in baking powder and baking soda into the dough mass and finally carefully fold in the MyEy foam mass with a spoon. Place baking paper on a baking sheet, spread out the dough mixture evenly. Bake in the preheated oven at 180°C for about 20-25 minutes.

Banana filling:

Melt coconut oil in a small cooking pot and allow to cool. Whip the plant cream in a bowl with a mixer. Mix 1/4 of the mass with the 2 bananas and the still liquid coconut oil in a blender. Once thoroughly blended add to the whipped cream. Put the banana filling into the refrigerator for 2- 3 h (the mass becomes stiffer). Cut the 5 bananas into 2-3 mm thick slices and cover the entire chocolate cake bottom. Then spread the banana filling evenly on the cooled cake bottom.

The chocolate coating: Melt the 200 g of chocolate over a water bath and mix with a little oil and little plant milk. Spread over the banana filling.

Tip: Serve with whipped cream.

Ingredients for the cake bottom:

6 MyEy EyGelb (egg yolk replacer) =
20 g of MyEy EyGelb + 100 ml of
water)

6 MyEy EyWeiß (egg white replacer) =
30 g of MyEy EyWeiß + 150 ml of
water

200 g of sugar (you can also use xylit)

1 pkg. of vanilla sugar

1/8 l of oil

1/8 l of water

40 g of cocoa powder

1 pkg. of baking powder

1 pinch of baking soda

200 g of flour (wheat flour 480) or for
gluten free 160 g of buckwheat flour +
40 g of corn flour

For the banana filling:

600 ml of plant cream, whippable

2 bananas

2 tbsps. of coconut oil

5 bananas

250 g of chocolate, dark



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 %

EyWeiB

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



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