

👍 Ey like it vegan



My recipe book for main courses & side dishes



# 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

spicy & hearty

✓ VEGAN ✓ SOY FREE  
Recipe for 2 persons

# Plant egg dumplings

Home-made specialties with contemporary ingredients



## Preparation:

Mix flour, MyEy EyWeiß (egg white replacer), MyEy EyGelb (egg yolk replacer) and salt, melt the margarine and mix together with the plant milk, whisk the dough well and allow to rest for about 30 minutes.

Bring salt water to a boil, cut out dumplings with 2 teaspoons (dip into the boiling water inbetween), work quickly, so that the dumplings quickly get into the boiling water. When the dumplings float on the surface, let them simmer in the water for 5-7 more minutes (the water should only simmer lightly).

Mix MyEy VollEy (whole egg replacer) with water, MyEy egg seasoning and pepper free of lumps. Scoop the dumplings from the boiling water and place them in a sieve, rinse briefly with water and drain well. Heat 1 tbsp. of margarine in a layered pan, add the dumplings and pour the MyEy glaze on top. Fry at full heat until the VollEy (whole egg replacer) ceases to be sticky and thickens - this may take several minutes.

Sprinkle with freshly chopped parsley or freshly chopped chives, season to taste again and best serve with a green salad quickly.

Tip: The dumplings can also be used as a side dish for other menus, for example to vegan goulash or stew, but they taste also exquisitely as sweet apple dumplings.

## Ingredients for the dumplings:

230 g of flour, handy  
200 ml of plant milk natural  
25 g of margarine  
10 g of MyEy EyWeiß (egg white replacer)  
1/3 tsp. of MyEy EyGelb (egg yolk replacer)  
1/4 tsp. of salt

## Ingredients MyEy glaze:

25 g of MyEy VollEy (whole egg replacer)  
125 g of water  
MyEy egg seasoning or salt pepper  
1 tbsp. of margarine  
parsley, chopped, fresh or chives, chopped

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# Potato pancakes with tofu bacon and cheese

Recipe for 3 to 4 persons

Who does not know them? Here in a particularly hearty variation



## Preparation:

Cut the tofu into very small cubes and fry in oil at a good heat (preferably in a coated pan) while stirring frequently. Deglaze with the soy sauce and continue frying briefly until the liquid has been absorbed by the tofu.

Peel the potatoes and grate them with a vegetable grater, place in a clean tea towel, squeeze out the liquid well and collect it. Blend 100 ml of the potato juice with MyEy VollEy (whole egg replacer) and mix it with the flour into the pancake mixture. Now add the tofu bacon cubes, the grated vegetable cheese, as well as the herbs and season with salt and pepper. Fill highly heat upable vegetable oil about 2 cm high in a coated pan, form flat hash browns from the mixture and slowly bake off on both sides until they are golden brown.

After baking, immediately put them on several layers of kitchen paper, cover with kitchen paper and dab the excess fat.

Tip: The hash browns can also be prepared without tofu bacon and cheese, but instead with roasted onion and pepper cubes. Serve with fresh salads and, for example, a herbal or chives dip!

## Ingredients:

- 750 g of potato, predominantly waxy & vegetable oil for baking
- 150 g of smoked tofu
- 100 g of vegetable cheese melting
- 40 g of spelt white flour
- 20 g of MyEy VollEy (whole egg replacer)
- 1 tbsp. of soy sauce, 2 tbsps. of neutral vegetable oil
- 1 tbsp. of parsley, fresh, chopped
- 1 tsp. of marjoram dried
- 1 pinch of salt, pepper



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Recipe for 4 omelettes

## Spicy vegan egg omelette

Omelette rustic - very popular for breakfast, but also as a snack inbetween



### Ingredients omelette:

300 ml of vegetable milk natural, unsweetened

150 g of flour

25 g of MyEy EyGelb (egg yolk replacer)

15 g of MyEy EyWeiß (egg white replacer) + 75 g of cold water

1 tbsp. of oil

1 tbsp. of parsley, fresh, chopped

1 tsp. of salt, pepper

MyEy egg seasoning

some oil for the pan

### Ingredients filling:

70 g of vegetable cheese (melting)

50 g of vegetable ham

### Preparation:

Mix the vegetable milk and oil with MyEy EyGelb (egg yolk replacer) and salt until free of lumps, then mix the flour until a smooth, thick liquid dough is formed.

Whisk MyEy EyWeiß (egg white replacer) with 75 g of water and a pinch of salt in a high, fat-free shaker, while keeping the shaker slightly tilted to allow to get more air into the MyEy meringue. With the help of a whisk, sprinkle the

EyWeiß (egg white replacer), the parsley and the pepper under the dough. Heat the pan with a little oil, fill in a quarter of the omelette-mass and bake covered until the surface has solidified.

Now spread the vegan cheese and the diced vegan ham, fold the omelette and bake both sides until golden brown. Season with MyEy egg seasoning.

Tip: Instead of the vegan ham, tofu bacon cubes can be used, as with the Spaghetti Carbonara. The omelets are also very tasty with mushrooms or spinach, but can also be prepared without parsley and less salt and contain a sweet filling instead.



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Recipe for 4 persons

## Home-made spaetzle (cheese noodles)

Classic dishes without animal products? No problem!



### Preparation:

Bring a large pot of salt water to a boil for the cheese noodles.

Stir the dough until free of lumps, then put it into the boiling water through a sieve (also possible as 2 portions) and allow to simmer only slightly. When the spaetzle float on the surface, let them simmer for a few more minutes, then strain and rinse briefly with water in the strainer, while mixing slightly.

Cut the onion finely and roll in the flour. Heat the oil, bake the onion and place on a piece of kitchen paper. Cut the vegan ham finely, fry the onions briefly in the oil and then also put them on a piece of kitchen paper. Grate the cheese, heat the vegetable cream and the vegetable milk in a frying pan and melt the grated cheese with flour and MyEy VollEy (whole egg replacer) while stirring. Add the spaetzle, mix in, season to taste with salt and pepper and serve with vegan ham, onions and chopped parsley.

Tip: The spaetzle are also a great side dish when tossed in a little margarine, but can also be prepared as spaetzle (fried with MyEy scrambled eggs) or apple, nut or poppy seed spaetzle. Instead of the vegan ham also tofu bacon cubes can be used, as with the pasta carbonara.

### Ingredients spaetzle:

500 g of flour, handy  
approx. 480 ml of water  
30 g of MyEy EyWeiß (egg white replacer)  
10 g of MyEy EyGelb (egg yolk replacer)  
1 tsp. of salt  
1 pinch of baking powder

### Ingredients cheese cream:

300 g of vegetable cheese (melting)  
100 g of vegetable ham  
2 large onions  
80 ml of natural vegetable milk  
70 ml of vegetable cream  
3 tbsps. of neutral vegetable oil  
1 tbsp. of flour  
1 tbsp. of VollEy (whole egg replacer)  
salt, pepper, parsley, chopped

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Recipe for 4 persons

# Napkin dumpling

Fluffy, light and delicious yolk yellow – this is how these dumplings have to be



## Preparation:

Mix the vegetable milk with MyEy EyGelb (egg yolk replacer) and MyEy EyWeiß (egg white replacer), cut the onion into fine cubes and lightly fry in the margarine, add both to the diced bread cubes. Add salt, pepper, chopped parsley and let sit for 1 hour.

Hold a clean kitchen towel under running water and then drain well, drip some oil on it and spread. Form a roll from the mixture, place it in the middle of the kitchen towel and roll it in, tying the ends together with a string. Put the napkin roll into the steam cooker for 45 minutes or let simmer accordingly in water. Then remove the roll, leave to rest for a few minutes and then remove the cloth and cut the napkin dumpling into slices of 3cm.

If the mixture is supplemented with some handy flour, dumplings can also be formed and boiled in salt water.

## Ingredients:

- 250 g of bread cubes
- approx. 500 ml of vegetable milk natural
- 60 g of margarine
- 1 small onion
- 15 g of MyEy EyWeiß (egg white replacer)
- 5 g of MyEy EyGelb (egg yolk replacer)
- 1 tbsp. of parsley, fresh, chopped

1/2 tsp. of salt, pepper

## Tip:

Crispily fried, it can be enjoyed as an addition in a zesty vegetable soup.



spicy & hearty



Recipe for 4 persons

# *Pasta carbonara with smoked tofu*

Hearty tofu bacon meets creamy MyEy sauce carbonara and it tastes excellent



## **Preparation:**

Cut tofu into very small cubes, finely cut the onion.

Heat the oil in a coated pan and fry the tofu cubes at high heat and constant turning until crispy. Add the soy sauce and stir until the tofu has absorbed the whole sauce. Now add the onion and continue frying at a low heat until it is glazed.

Boil the pasta in salt water with a dash of oil until al dente. In the meantime, add 300 ml of soy milk to the onion and tofu mixture in the pan and heat. Mix 50 ml of soy milk and 80 ml of water with parmesan and MyEy VollEy (whole egg replacer) until free of lumps, add to the pan with the hot, but not boiling, soy milk, reduce the heat and let stock briefly while stirring. As soon as it has slightly thickened, remove from the heat (do not let it boil). Stir in the soy sauce and season with salt and pepper. Strain the pasta, chill and add the sauce carbonara, mix and serve immediately.

Tip: To taste, of course, some Italian herbs can also be used for the carbonara. If the pasta draws a lot of moisture (especially if there are some leftovers), heat and soften with a little soy milk.

## **Ingredients:**

350 ml of soy milk natural, unsweetened  
250 g of solid smoked tofu  
150 ml of soy cream  
80 ml of water  
1 medium-sized onion  
40 g of parmesan, vegan  
15 g of MyEy VollEy (whole egg replacer)  
3 tbsps. of neutral vegetable oil  
1 tbsp. of soy sauce  
salt, pepper

## **Other ingredients:**

500 g of pasta (spaghetti, linguine, ...)  
parmesan, vegan for sprinkling

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# Tagliatelle alla Casa with chard-avocado cream

✓ VEGAN ✓ SOY FREE  
Recipe for 3 persons

Authentic homemade egg-noodles - with the vegetable egg MyEy



## Ingredients Tagliatelle:

260 g of flour, handy  
150 ml of water  
15 g of MyEy EyWeiß (egg white replacer)  
5 g of MyEy EyGelb (egg yolk replacer)  
1 tbsp. of rapeseed oil  
1 tsp. of salt

## Ingredients chard - avocado cream:

2 avocados, mature  
½ bunch of chard  
100 ml of rice cream  
1 onion  
50 g of pine nuts  
6 tomatoes in oil  
4 garlic cloves  
1 tbsp. of lemon juice  
herbal salt, pepper

## Preparation:

For the pasta dough, mix the flour, water, MyEy, oil and salt and knead with the kneading hooks of the mixer for about 5 minutes until a homogeneous dough ball is formed. Pour them into a cling film and allow them to rest for about 30 minutes at room temperature. Now cut the dough in half and roll it on a noodle board with plenty of handy flour until very thin, roll uniform tagliatelle with a pastry roll and spread it over a dish cloth covered with handy flour so that it can dry. Continue with the second half of the dough.

Remove the avocado meat with a spoon from the skin, mix creamy with the lemon juice and the rice cream in a blender and place aside. Wash the chard and cut out the stalk, remove the tomatoes from the oil and cut into thin strips. Cut the onion into fine cubes and fry with 1 tbsp. of oil from the inserted tomatoes, then add the chard, the pressed cloves of garlic and the tomatoes and sauté until the chard has collapsed, season with the herbal salt and pepper.

Cook the tagliatelle al dente in salted water with a little oil (it will take much shorter with fresh noodles). Bake the pine nuts drily in a pan until tender, add the avocado cream to the chard, season again and heat briefly. Add the drained tagliatelle, mix carefully and serve with the sprinkled pine nuts.

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✓ VEGAN ✓ SOY FREE  
Recipe for 4 persons

## Potatoes Cordon Bleu

A Cordon Bleu of a special kind - best when served hot



### Preparation filling:

Cut the white mushrooms into small pieces and fry them in coconut oil, salt them, add the small cut onion and fry as well. Mix MyEy VollEy (whole egg replacer) with water and some oil, place in the pan and allow to stock for about 3 minutes.

**Preparation potatoes dough:** Boil the potatoes and squeeze them all hot, mix them with the hands with flour, semolina and salt. For each bag, take a handful of dough, form a dumpling, lightly flour it and roll it with a rolling pin about 5 mm thick. Fill the dough in its lower third with 2 tbsps. of the filling. Slightly snap shut the dough pockets and close them at the edge.

Finally, bread them with flour, MyEy VollEy (whole egg replacer) and crumbs and bake over at medium heat in plenty of coconut oil.

Tip: Serve with rice and redcurrant jam.

### Ingredients:

400 g of potatoes  
100 g of flour  
53 g of durum wheat semolina  
1 tsp. of salt

### For the filling:

200 g of white mushrooms  
1 onion  
MyEy VollEy (for 5 eggs = 40 g +  
200 ml of water, 2 tbsps. of oil)  
1 pinch of salt

### For the breading:

flour  
MyEy VollEy (whole egg replacer)  
& crumbs

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# *Vegan scrambled eggs with bacon and white mushrooms*

✓ VEGAN ✓ GLUTEN FREE

Recipe for 2 persons

Ideal for dinner after a forest walk



## **Preparation:**

Cut the smoked tofu into fine cubes and fry in coconut oil until the cubes slowly become firm. Then add tomato paste, mix well and fry for a minute. Then remove the pan from the stove and mix with the soy sauce, stir and put aside. Finely chop the onion and white mushrooms and fry in coconut oil. In the meantime, stir MyEy VollEy (whole egg replacer) with water and some oil, salt and pepper.

Now pour MyEy VollEy (whole egg replacer) into the pan and cook over medium heat for approx. 4 minutes. Immediately before serving, sprinkle with MyEy egg seasoning.

Tip: Serve with fresh cress.

## **Ingredients:**

MyEy VollEy (whole egg replacer) for 5 eggs  
(about 40 g + 210 ml of water)

2 tbsps. of oil

1 onion

50 g of white mushrooms

salt and pepper

100 g of smoked tofu

1 tbsp. of tomato paste

3 tbsps. of soy sauce

MyEy egg seasoning

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Recipe for 3 Burger

# Star burger with cranberry mayo

Seitan schnitzel burger with antipasti, vegetables and cranberry mayo



## Preparation:

### Seitan preparation:

Mix the seitan powder with salt and curcuma, stir in the soy sauce and the oil and mix with as much water as it needs to make a doughy mass, then knead into a solid ball which is then boiled for 20 minutes in boiling salt water. Allow to cool, cut into thin slices and allow them to dry slightly before use.

### Mayo preparation:

For the mayo mix all well-chilled ingredients and use the blender to work in the oil in a thin stream. Prepare the rolls as desired. Wash the salad and spin it dry.

### Schnitzel preparation:

Prepare 3 flat plates with flour, stirred MyEy VollEy (whole egg replacer) with a pinch of salt and crumbs. First pan the chips in the flour, then pull them through the VollEy (whole egg replacer) and finally bread them with the breadcrumbs, pressing these on firmly. Bake the schnitzel in the pan until golden yellow. Bake the cut-out stars from the whole-corn toast, layer it together and enjoy it.

## Ingredients:

### For the seitan:

100 g of Seitan Fix  
1/2 tsp. of sea salt  
1 knife tip of curcuma  
1 tbsp. of soy sauce  
1 tbsp. of olive oil  
water

**For the breading:** flour, 2 MyEy VollEy (whole egg replacer) stirred (approx 83 g of water + 17 g of MyEy VollEy)

bread (breadcrumbs)

### For the mayo:

100 ml of vegetable milk  
juice of 1/4 - 1/2 of a lemon  
1 tsp. of mustard  
1/2 tsp. of Himalaya salt  
some MyEy egg seasoning  
1 knife tip of curcuma  
3-4 tbsps. of cranberry jam

110-120 ml of corn oil  
1 bunch of rocket salad



spicy & hearty

✓ VEGAN ✓ GLUTEN FREE ✓ SOY FREE  
Recipe for 4 persons

## *Celery schnitzel gluten free*

These schnitzel are easily made and perfect for the fall season



### **Preparation:**

Peel the celery root and cut it into slices of 2-4 mm with the bread slicer machine.

For the breading, prepare 2 deep plates for the flour and MyEy VollEy (whole egg replacer) and a flat one for the bread crumbs. Mix MyEy VollEy (whole egg replacer) with water and salt and stir. Pour the flour into the deep and breadcrumbs into the flat plate. Then turn each slice in flour first, then in MyEy VollEy (whole egg replacer) and finally in the breadcrumbs.

Heat plenty of coconut oil in a frying pan and bake the celery schnitzel. Place the finished schnitzel on a kitchen towel so that the oil is absorbed.

Tip: Serve with cranberry jam.

### **Ingredients:**

1 celery root  
coconut oil or frying oil

### **For the breading:**

Chestnut flour  
gluten free breadcrumbs  
25 g of MyEy VollEy (whole egg replacer)  
125 ml of water  
1 pinch of salt

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Recipe for 4 persons

## Wild garlic-Knoepfli

A Swiss dish with a hearty note



### Ingredients:

200 g of vegan cheese sauce  
(Vegusto, No-Muh, Rac)  
2 x 80 g of Vegi-sausage  
Raeucherli  
50 g of Swiss cheese grated (No  
Muh, Recent)  
10 g of margarine for frying

### Wild Garlic Knoepfli:

400 g of spelt flour  
11 g of MyEy VollEy (whole egg  
replacer  
1 pinch of salt  
350 ml of water  
50 ml of vegetable cream  
100 g of fresh wild garlic  
1 pinch of salt and cayenne  
pepper

### Preparation:

For the dough, mix the flour, MyEy, salt and water in a bowl with a whisk until no lumps are visible. Stir extensively until a thick, viscous dough is formed, which blisters. As necessary, season the dough with salt and cayenne pepper and allow to rest for about 20 minutes.

Meanwhile, wash the wild garlic leaves, shake a little dry and cut into coarse strips. Then thoroughly mash the wild garlic and the vegetable cream with the aid of a hand blender and stir under the dough mass. Divide the dough in portions by means of a perforated sieve into the slightly boiling salt water of a large cooking pot. As soon as the knoepfli rise to the surface, allow them to simmer briefly and then remove with a perforated ladle, pour into a sieve and chill with cold water. Quarter the Vegi-sausage Raeucherli and cut into small pieces.

Heat the margarine in a frying pan, add the knoepfli and heat while stirring frequently. Add the No-Muh, Rac and Vegi-sausage and fry all together. Finally, sprinkle the knoepfli with a little grated No-Muh, Recent.

spicy & hearty

## Crunchy chips zucchini schnitzel burger part 1

✓ VEGAN ✓ SOY FREE  
Recipe for up to 6 persons

A burger with rosemary mayonnaise whets the appetite for more



Photo / (original) recipe: Yvonne Holz-Singh

# ZUCCHINI BURGER

### Ingredients burger:

6 burger buns  
1-2 tomatoes  
6 good salad leaves  
rosemary chips  
6 rosemary stalks

### Ingredients rosemary mayo:

100 ml of vegetable milk (room temperature)  
150-170 ml of corn oil  
4-5 tsps. of lemon juice, freshly squeezed  
1 tsp. of mustard  
1 branch of fresh rosemary  
¼ tsp. of salt  
¼ tsp. of MyEy egg seasoning

### Ingredients zucchini schnitzel:

6 slices of a very large zucchini (1 cm thick)  
130 g of potato chips  
2 MyEy VollEy (whole egg replacer) = 84 g of water + 16 g of MyEy VollEy  
a little bit of flour, 1 pinch of salt  
corn oil for baking the zucchini schnitzel

### Preparation:

#### Rosemary Mayo:

Fill the vegetable milk with the lemon juice, the rubbed off rosemary needles, mustard, salt and MyEy egg seasoning into a high-performance mixer and close the lid. The vegetable milk and the corn oil must have the same temperature, regardless of whether both have room temperature or refrigeration temperature.

Remove the small inner cap of the high-performance mixer, turn it on to full power, and add the corn oil in a slow stream (but it does not have to be drop by drop, as with conventional mayonnaise) into the blender while mixing at the highest level. Add enough oil to the mayonnaise until the desired consistency has been achieved. Place the rosemary mayonnaise aside.

Zucchini schnitzel: Add some flour to a deep plate .....

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## Crunchy chips zucchini schnitzel burger Part 2

Whether breakfast, lunch or dinner - this burger is always tasty



### Preparation:

...stir the VollEy (whole egg replacer) together with some salt according to the instructions and put it in a deep plate.

Briefly and carefully ground the potato chips in a universal blender until medium fineness. There should still be small chip particles instead of potato chip flour. Put the chips in a deep plate as well. First pan the zucchinis on both sides in the flour, then in the MyEy and finally in the potato chips, while pressing the potato chips on well in the end.

In a coated pan, let enough oil get hot so that the schnitzel can be baked floating. Fry the zucchini on both sides until golden brown. Remove from the pan and allow to drip off a little on kitchen paper.

Make the burger: Cut the burger buns apart. Wash the salad, spin dry and cut the tomatoes into thin slices. Free the rosemary stems from their lower needles, so that they can be put into the burgers later on. Then layer as follows: Burger bun bottom, salad leaf, zucchini schnitzel, tomato slice, rosemary mayonnaise, a few rosemary chips, burger bun top. Followed by a small pilot hole in the middle, drilled with a skewer, in which the rosemary stalks can be put.



With MyEy egg seasoning the sulfur flavor of the egg goes into the mayonnaise.



Tip: To this recipe, Kimchi cabbage tastes wonderful and a few rosemary chips.

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✓ VEGAN ✓ SOY FREE  
Recipe for 4 persons

# Chestnut-Gnocchi in Swiss cheese dressing

Autumnal Gnocchi quite different



## Preparation:

For the gnocchi, wash the potatoes and boil in salty water for about 30 minutes. Drain, let evaporate, peel and crush or press through a potato press. Let the chestnuts simmer for 10 minutes in the vegetable broth. Then drain and press through the press as well.

Whisk the VollEy (whole egg replacer) with semolina, flour, potatoes, chestnuts, water, nutmeg and salt to a well formable dough. On a floured surface, form the dough into finger-thick rolls and then cut into pieces of about 2 cm. Slightly flatten the dough pieces with a fork. Wash the Brussels sprouts, halve and boil in boiling salty water for about 6-8 minutes. Remove the Brussels sprouts with a perforated ladle, drain and chill. Keep the salty water for the preparation of gnocchi.

Pour the gnocchi into the boiling salty water and let simmer for 5 minutes at medium heat. As soon as the gnocchi rise to the surface, take them out with a perforated ladle and allow them to drip off. Heat oil in a frying pan. Add the Brussels sprouts, the gnocchi and the Vegi-sausages which were cut into thin slices. Fry everything together. Spread the No-Muh, Rac on dish and mix. Heat everything again briefly and season with salt and pepper.

## Ingredients:

1 pair of Vegi-sausages, Pepp of Vegusto  
200 g cheese (No-Muh, Rac)

## Chestnut-gnocchi:

200 g of potatoes, floury  
1 pinch of salt  
250 g of chestnuts, precooked  
500 ml of vegetable broth

7 g of MyEy VollEy (whole egg replacer) + 60 ml of water  
20 g of durum wheat semolina  
80 g of spelt flour and some flour for the working surface  
50 ml of water  
nutmeg, salt, pepper

## Vegetables:

250 g of Brussels sprouts  
50 g of oil for fry

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Recipe for 3-4 Omelettli

# Omelettli

Whether in the morning, for lunch or in the evening - an omelette always works



## Preparation:

Mix the VollEy (whole egg replacer) for the omelettli and stir with a stirrer for about 1 min. Add the flour, 30 g of the grated No-Muh cheese and 250 ml of water. Stir everything again. Mix EyWeiß (egg white replacer) - powder with water using a stirrer for 7-10 minutes. The longer the stirring, the stronger the mass! Carefully lift the MyEy meringue under the flour sauce.

Heat some oil in a frying pan and pour in the omelette dough in portions. Spread the dough so that the pan floor is covered by about ½ cm and a round omelette is produced. As soon as the bottom is golden yellow, carefully turn the omelettli. Sprinkle the omelette with a little grated No-Muh cheese (about 20 g). As soon as the bottom side has turned golden yellow as well, fold the omelettli on both sides inwards.

For the vegetables, blanch the tomato, chill, peel, quarter and dice the pulp in small pieces. Wash the zucchinis, remove the stem and cut into thin strips. Cut Vegusto slices into strips as well. Heat the olive oil in a frying pan and simmer the zucchini strips. Fry the tomato cubes and the sliced strips for a short time and season with MyEy egg seasoning, parsley, salt and pepper.

Place the vegetables on the omelettli and serve warm.

## Ingredients:

### For 3-4 omelettli:

11 g of MyEy VollEy (whole egg replacer) + 145 ml of water  
130 g of flour  
250 ml of water or vegetable milk  
17 g of MyEy EyWeiß (egg white replacer) + 75 ml of water  
some oil for frying  
100 g of grated Swiss cheese No-Muh, Recent  
1 pinch of salt, pepper

### For Vegusto and the vegetables:

100 g of vegi cold cuts, primo-peppers from Vegusto  
1 tomato  
40 g of zucchini  
2 tbsps. of olive oil  
1 tsp. of parsley, chopped  
MyEy egg seasoning



May all beings be happy

**What is your favorite MyEy-recipe?**

Send us your favorite MyEy recipe to [info@myey.info](mailto:info@myey.info) and be part of the next recipe book and win 3x2 MyEy!

Zusendung: [info@myey.info](mailto: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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ORGANIC-certified



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