

👍 Ey like it vegan



My recipe book for soups & starters



SEMOLINA DUMPLING



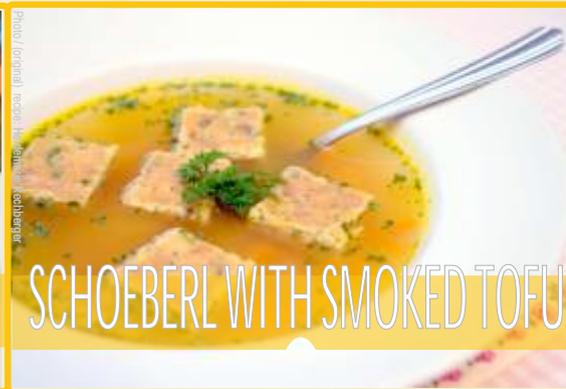
SPINACH BRUSCHETTA



NAPKIN DUMPLING



VEGAN SCRAMBLED EGGS ON TOAST



SCHOEBERL WITH SMOKED TOFU

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

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 quinoa farmer's breakfast

✓ VEGAN ✓ GLUTEN FREE
Recipe for 4 persons

A powerful breakfast or also suitable as lunch



Preparation:

Boil the potatoes with skin and then peel them. Let them cool off. Fry crispy in a pan with some oil. Season to taste with salt and pepper. Cut the smoked tofu into small cubes and fry in some oil. Peel the onion, cut into fine rings and also fry in some oil until brown.

For the omelet mix MyEy VollEy (whole egg replacer) with water and stir for 1 minute with the mixer on high level. Add the quinoa flour and the plant milk and stir again with the mixer. Mix MyEy EyWeiß (egg white replacer) with water in a separate bowl and stir at high speed with the mixer for about 10 minutes until a MyEy meringue (beaten egg white replacer) has formed. Carefully lift the beaten egg white replacer under the remaining mixture. Season with salt, pepper and herbs. Heat in a pan with some oil. Add half of the mixture to the pan and fry at medium heat. When the bottom is golden yellow, the omelet can be turned around and briefly fried from the other side.

Place the omelet on a plate. Fill with half of the fried potatoes, the tofu and the onions and fold together. Season with MyEy egg seasoning.

Serve with a fresh salad.

Ingredients:

200 g of smoked tofu
5-6 potatoes, medium, waxy
1 onion
fresh herbs (parsley, chives)
11 g of MyEy, VollEy (whole egg replacer) + 145 ml of water
7 g of MyEy EyWeiß (egg white replacer) + 75 ml of water
130 g of quinoa flour
250 ml of plant milk
MyEy egg seasoning

spicy & hearty

✓ VEGAN ✓ SOY FREE

Recipe for 2 persons

MyEy breadcrumb coating on white mushrooms

Delightfully crispy breadcrumb coating, which also sticks well on vegetables and mushrooms



Preparation:

Slightly whisk the mineral water with plant milk and MyEy VollEy (whole egg replacer). Clean the mushrooms (if possible do not wash), halve or quarter larger white mushrooms and place in larger bowl with lid. Add MyEy egg seasoning, herbal salt, pepper and flour and mix with circular movements with the container closed. Add the MyEy mixture, close the container and mix. Put the crumbs in a second bowl with lid, add the white mushrooms in 3 portions, and then bread again in the bowl with circular movements. Heat the oil and bake the white mushrooms from both sides crispy brown, then drain them on some layers of kitchen paper.

Best to serve with tartar sauce (see vegetables in batter).

Tip: With this technique, other mushrooms or vegetables can also be breaded in a time-saving manner, but most vegetables must be cooked prior. Very tasty is also breaded tofu, to that choose a firm type, wrap in kitchen paper and store in fridge overnight, so that it can lose the excess water, then cut, season with salt and pepper and bread as usual. Also, seitan is very suitable for vegan schnitzel.

Ingredients:

300 g of white mushrooms
3 tbsps. of spelt white flour
150 ml of mineral water, sparkling
150 ml of plant milk natural,
unsweetened
15 g of MyEy VollEy (whole egg
replacer)
herbal salt
pepper
2 pinches of MyEy egg seasoning

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

spicy & hearty



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

spicy & hearty

✓ VEGAN ✓ SOY FREE

Recipe for 3-4 persons

Batter bites with Tartar sauce

Whether broccoli, cauliflower, red pepper, carrots or mushrooms - these will always be a success



Preparation:

For the Tartar sauce, put vegetable milk, mustard, lemon juice, MyEy EyGelb (egg yolk replacer), salt and pepper into a blender, mix and add the oil while the blender is still running until a firm mayonnaise is formed. Now add locust bean gum, yogurt and capers.

Cut the onions and the pickles into small cubes and mix them by hand with the chopped parsley and the finely chopped chives, season with salt and pepper and put in a cool place. Divide the broccoli into small florets, blanch or steam shortly drain and salt a little. Mix all ingredients for batter together. Heat oil (about 2 fingers high) in a heavy pan, dip broccoli into the batter and fry it by both sides, after that let it drain on a kitchen paper and serve quickly with tartar sauce and fresh salad.

Tip: White mushrooms and red pepper don't have to be cooked, cauliflower and carrots should be cooked before fry in batter. You can also use beer or white wine instead of plant milk for the batter. That will give it a special flair. You can also use 1 tbsp. of sugar instead of salt and pepper for the batter - so you can prepare apples or bananas in batter

Ingredients for Tartar sauce:

200 g of natural vegetable yoghurt, unsweetened
80 ml of natural vegetable milk, unsweetened
100 ml of oil, 1 tbsp. of caper
1 small onion
2-3 pickles
2 tsp. of mustard, 2 tsp. of lemon juice
1/2 tsp. of MyEy EyGelb (egg yolk replacer)
1/2 tsp. of carob kernel flour
1 tbsp. of each of parsley and chives, salt, pepper

Ingredients for batter:

170 g of plant milk
150 g of spelt white flour
16 g of MyEy VollEy (whole egg replacer)
90 ml of water
1 tbsp. of oil
1 pinch of salt, 1 pinch of pepper

Other ingredients:

1 big broccoli, oil

spicy & hearty

✓ VEGAN ✓ SOY FREE

Recipe for 1 quiche form with 26 cm diameter

Chard quiche

Warm or cold - the French classic with the usual egg - cream flavor



Photo / (original) recipe: Heidemarie Recheberger

Preparation:

Knead all the ingredients of the dough together and prepare a baking form or quiche form coated with margarine. Roll out the dough, lift it into the form and press down firmly by hand, so that the bottom and about 5-6 cm of the edge are covered. Cut the thick stems of the washed chard, peel the onion and cut into fine cubes. Dice the tomatoes, put them in the frying pan together with the oil and fry with the onion and the pressed garlic. Cut the chard into stripes, add to the mixture in the pan and season with herbal salt and pepper.

Mix the vegetable cream with MyEy EyGelb (egg yolk replacer) and MyEy EyWeiß (egg white replacer), starch, some herbal salt and pepper. Cut the white cheese into cubes, then crumble a little by hand and mix with the MyEy mixture and the cooled chard. Spread the mixture on to the prepared dough and bake at 180 °C top and bottom heat for about 45 minutes until a golden-brown crust forms. Let the quiche rest for 10 minutes before cutting, so that the filling can gain firmness.

Tip: Of course, other vegetable varieties, mushrooms, but also a classic mixture of vegetable cheese, vegetable ham or smoked tofu bacon and onion can be used.

Ingredients for the dough:

- 200 g of flour
- 80 g of margarine
- 75 g of plant milk (e.g. oat, rice, spelt)
- 10 g of MyEy EyGelb (egg yolk replacer)
- 10 g of MyEy EyWeiß (egg white replacer)
- 1 tsp. of salt

Ingredients for the filling:

- 1 bunch of chard
- 500 ml of vegetable cream (e .g. oat, spelt, rice, etc.)
- 180 g of white cheese, vegan
- 1 medium onion
- 6 tomatoes, inserted in oil
- 10 g of MyEy EyGelb (egg yolk replacer) + 20 g of MyEy EyWeiß (egg white replacer)
- 3 tbsps. of cornstarch
- 3 garlic cloves, herbal 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

✓ VEGAN ✓ SOY FREE

Spinach bruschetta / mini vegan eggs „sunny side up“

A tasty starter – perfect for parties or if you get a little hunger

for 4 persons



Ingredients Bruschetta:

1 ciabatta bread
300 g of spinach deep-frozen
3 garlic cloves
6 tomatoes in oil
1 tbsp. of oil (from the tomatoes)
1 pinch of salt
1 pinch of pepper
4 tbsps. of olive oil for the baking tray,
chive for garnish
MyEy egg seasoning
12 mini vegan eggs “sunny side up”
according to recipe

Ingredients for the yeast melt:

150 ml of water
40 g of margarine
30 g of yeast flakes
15 g of flour
5 g of MyEy VollEy (whole egg
replacer)
1 tsp. of mustard
1 tsp. of salt
pepper

Preparation:

Defrost the deep-frozen spinach and squeeze it gently by hand to remove the defrost water. Cut the dried tomatoes in small pieces. Put oil into the pan and fry briefly the crushed garlic. Add the dried tomatoes and spinach and steam briefly under stirring, then remove from cooker. Season with salt and pepper.

Preheat the oven to 200°C top and bottom heat. For the yeast melt, melt margarine in a pot, add flour and MyEy VollEy (whole egg replacer), let it sweat a half a minute under stirring, remove from cooker and add water under stirring. Add yeast flakes and stir until there are no lumps in the mass. Now let it simmer for approx 3 minutes while still stirring. Add salt, mustard and pepper and let it cold down a little bit.

Cut Ciabatta in 2-2,5 cm thick slices, cover the baking tray with baking paper and put olive oil on it. Now pull the ciabatta slices through the oil and lay them on the baking tray. Spread the spinach on ciabatta slices, cover with yeast melt and bake approx 10 minutes until ciabatta slices are golden brown. At the same time prepare vegan eggs „sunny side up“ according to recipe (prepare 12 mini eggs instead of 4 big eggs), lay them on each ciabatta bread, garnish with chopped chive, season with MyEy egg seasoning and serve immediately.

Tip: The yeast melt is also perfect for pizza and casserole.

spicy & hearty

✓ VEGAN ✓ SOY FREE
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



Smoked tofu schoeberl (salted sponge mixture) as a soup ingredient

Hearty and traditional soup ingredient

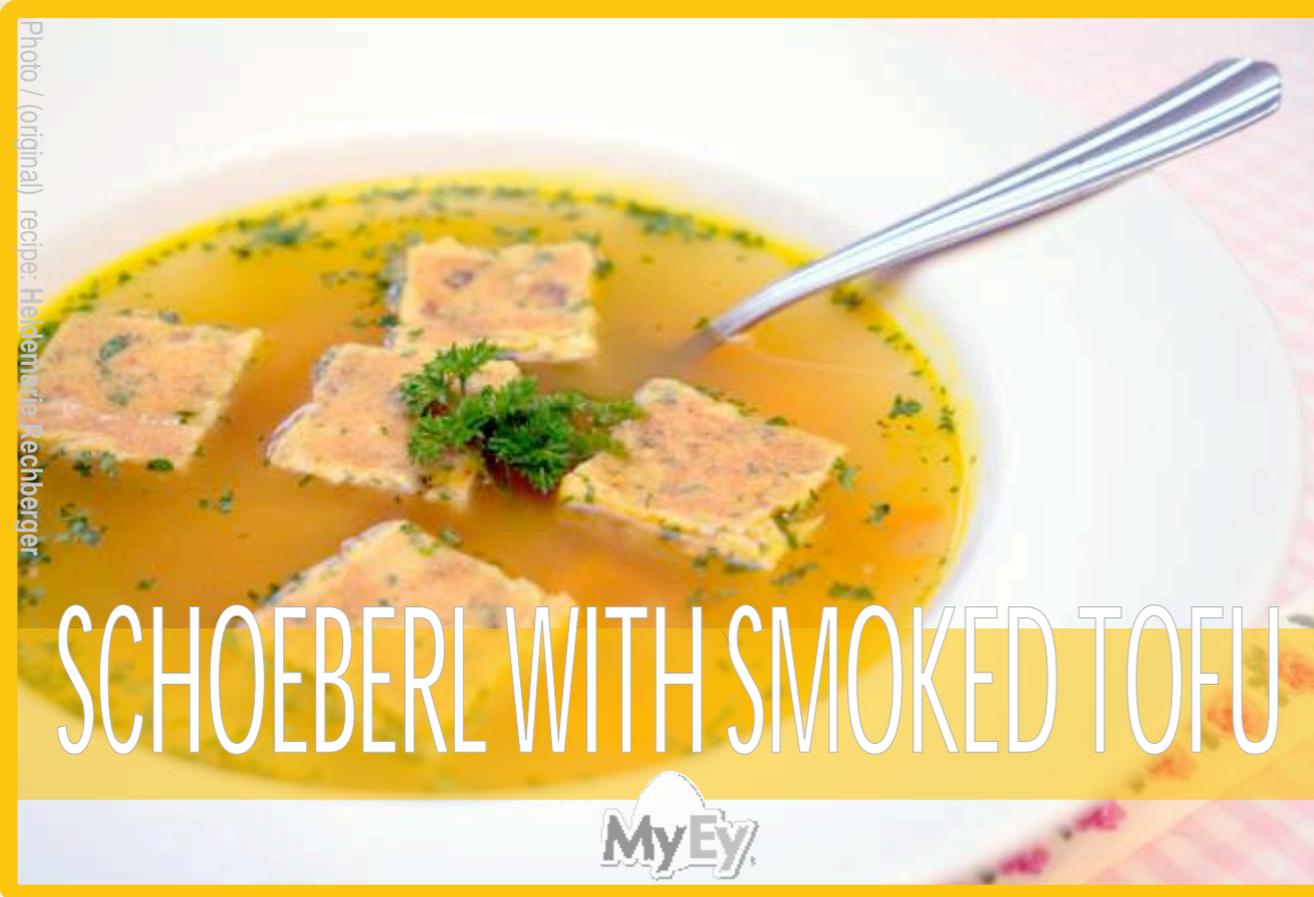
Recipe for a rectangular springform with 30x40 cm

Preparation:

Preparation soup - see semolina dumpling soup. Cut the smoked tofu into 0.5-0.7 cm cubes and fry in 2 tbsps. of oil at high heat while stirring frequently. Pour with soy sauce and continue to stir until it is absorbed by the tofu, then set aside.

Whip the MyEy EyWeiß (egg white replacer) with 100 g of water and a pinch salt in a high, fat-free mixing cup while keeping the mixing cup slightly at an angle to allow more air to penetrate into the MyEy meringue. Mix the soy milk with MyEy EyGelb (egg yolk replacer), salt, pepper, chopped parsley and a third of the flour mix. Combine the remaining flour with the baking powder and mix it with the EyGelb-mixture and MyEy meringue by hand. Finally, mix in the tofu cubes, lay out the baking form with baking paper, fill in the schoeberl dough, smoothen and bake at 220°C by top and bottom heat for about 7 minutes.

Remove the form briefly from the oven, then spread with 1 tablespoon of olive oil and continue baking for 2-3 minutes. Allow to cool and cut the schoeberl into squares or lozenges. Serve in the hot soup sprinkled with some parsley or chives.



Ingredients smoked tofu schoeberl:

- 150 g of spelt white flour
- 150 g of smoked tofu
- 150 ml of soy milk + 5 g of MyEy Eyselb (egg yolk replacer) + 1 tbsp. of vinegar
- 20 g of MyEy EyWeiß (egg white replacer) + 100 g of water, cold
- 2 tbsps. of neutral oil
- 1 tbsp. of soy sauce
- 1 tbsp. of olive oil
- 1 tbsp. of parsley, chopped
- 3 tps. of baking powder, herbal salt, pepper

Ingredients soup:

see semolina dumpling soup

spicy & hearty



Recipe for 2 persons

Vegan scrambled eggs on toast

A hearty and very decorative toast



Preparation:

Cut out the toast slices in a round way by the help of a dessert ring and slightly toast in the toaster.

Whisk MyEy VollEy (whole egg replacer) with water, salt and pepper. Heat 1 tbsp. of coconut oil in a coated pan. Finely chop the onion and tofu and fry in the pan for 5 minutes. Mix MyEy, onion and tofu in a bowl.

Now place the second tbsp. of coconut oil in the pan and heat it. Place dessert ring in the middle of the pan and fill with the MyEy-onion-tofu mass up to a height of 1 to 2 cm. After 12 minutes, stir the mixture in the dessert ring again by the help of a fork. After 4 minutes, the consistency should be firm enough. Gently loosen the MyEy mass from the dessert ring using a pointed knife and remove it from the pan using a spatula. Place the MyEy scrambled egg between two slices of toast and sprinkle with a pinch of MyEy egg seasoning. Cut dried tomatoes and fresh herbs, blend and spread on the toast.

Tip: Serve with fresh herbs.

Ingredients:

4 pcs. of toast bread or Italian peasant bread
50 g of MyEy VollEy (whole egg replacer)
1 tbsp. of oil
250 ml water
1 tsp. of salt
pepper
1 onion

100 g of smoked tofu
MyEy egg seasoning
2 tbsps. of coconut oil or olive oil
6-8 dried tomatoes in oil
fresh herbs of the season
1 dessert ring {round serving dish}
8 cm diameter

spicy & hearty

✓ VEGAN ✓ SOY FREE
Recipe for 4 people

Semolina dumplings in vegetable broth

A hearty soup with semolina dumplings from grandmas recipes



Preparation:

Peel the vegetables for the soup and cut into thicker Julienne stripes, or rather cut the carrots in half slices.

Heat olive oil in a saucepan, finely chop the onion and fry it, then add the remaining vegetables and continue frying until the vegetables are slightly roasted. Add water, add the vegetable broth powder and pepper and simmer for about 5 minutes. Stir the margarine until it is fluffy and add MyEy EyGelb (egg yolk replacer) and MyEy EyWeiß (egg white replacer) – mixed with water - then stir in the remaining ingredients. Allow the mixture to rest for 30 minutes, then form dumplings with 2 tablespoons and place in boiling salt water. Once they float on top, allow them to simmer for 10 minutes (water should not boil, just simmer), then remove.

Serve the hot soup with chopped parsley and the semolina dumplings.

Ingredients soup:

1000 ml of water
250 g of soup vegetables
1 small onion
1 tbsp. of olive oil
1 tbsp. of vegetable broth powder
parsley, fresh, chopped
salt
pepper

Ingredients semolina dumpling:

100 g of semolina (wheat or spelt)
50 g of margarine, at room temperature
70 g of water
10 g of MyEy EyWeiß (egg white replacer)
1/2 tsp. of MyEy EyGelb (egg yolk replacer)
1 pinch of salt
1 pinch of nutmeg



spicy & hearty

✓ VEGAN ✓ SOY FREE
Recipe for 8 mini quiches

Brussel sprouts-quiche

Very tasty with Blue Pea Tea



Preparation:

Preheat the oven to 200°C by top and bottom heat. Wash the Brussel sprouts, cut quarter and fry in a coconut oil until they are light brown.

Put a little water into the pan and let it simmer gently for a few minutes. Pay attention of enough water in the pan, so that nothing can burn. Finally season with salt. Stir MyEy VollEy (whole egg replacer) – already mixed with water, vegetable cream, pizza melting and a little bit of MyEy egg seasoning. Cut 8 circles from puff pastry and press them into quiche moulds. Spread the Brussel sprouts on the quiches and put MyEy-mixture on top.

Knead the remaining dough, roll it out very thinly and cut out small ducks with help of cookie cutter. Put a duck of each quiche and bake 30-35 minutes.

Ingredients:

1 puff pastry
1/4 kg of Brussel sprouts
100 ml of vegetable cream
50 g of vegetable pizza melting
1 MyEy VollEy (whole egg replacer) = approx. 42 g of water
+ 8 g of MyEy VollEy
MyEy egg seasoning
coconut oil for roasting

circle cutter or dessert ring
approx. 9-10 cm
mini duck-cookie cutter
small quiche moulds

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



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 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

spicy & hearty

✓ VEGAN ✓ SOY FREE

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.



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



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specialist trade
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