

frischli

100% PLANT-BASED

# RECIPE INSPIRATION

FOR TASTY AND VEGAN MEALS

DELICIOUS  
RECIPES TO  
RECREATE



# CREAMY SAVOY CABBAGE SOUP

## WITH POTATOES & VEGETABLES

In cooperation with:



### INGREDIENTS FOR 10 SERVINGS

- 40 ml rapeseed oil
- 60 g onions, chopped
- 5 g Garlic, chopped
- 1200 g Savoy cabbage, julienned
- 150 g Potatoes, starchy, peeled, sliced
- 1500 ml Water
- 300 ml **frischli Organic Oat Crème Cuisine**  
(vegan, without allergens or palm oil)
- 80 g Vegetable bouillon powder
- 2 g Pepper, black
- 2 g Nutmeg, ground
- 10 g Orange zest
- 30 g Margarine (without animal-derived ingredients)
- 420 g HILCONA THE GREEN MOUNTAIN Balls, frozen
- 200 g Carrots, diced
- 15 g Citrus thyme

### PREPARATION:

1. Blanch 1/3 of the savoy cabbage, drain well and shock-chill. Pluck lemon thyme into small pieces.
2. Heat the oil in a tilting kettle. Sauté the diced onion with the garlic and add the rest of the savoy cabbage. Add the potatoes. Fill up with water and **frischli Organic Oat Crème Cuisine**, bring to the boil and let it simmer for approx. 15 minutes. Season with bouillon powder, pepper, orange zest and nutmeg.
3. After that, mix well and add the blanched cabbage slices to the soup. Stir.
4. In the meantime, roast THE GREEN MOUNTAIN Balls in margarine. Add the diced carrots just before the balls are done and drain on a paper towel.
5. Serve the soup with the balls and carrots and garnish with lemon thyme.

**TIP:**  
THE SERVING SIZE IS  
CALCULATED AS A MEAL.  
FOR MORE VARIETY, THE  
CARROT CUBES CAN  
ALSO BE REPLACED WITH  
PUMPKIN OR YELLOW  
CARROTS.



VEGAN



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# CREAMY TOMATO VEGETABLE SOUP

## WITH ORGANIC FALAFEL BALLS

In cooperation with:



### INGREDIENTS:

- 5 pcs. Onions, coarsely diced
- 200 g Celery, pieces
- 500 g Courgettes, coarsely diced
- 2 kg Canned tomatoes
- 600 g Vegetable stock
- 300 ml **frischli Organic Oat Crème Cuisine**
- Vegeta Organic Falafel Balls
- Olive oil
- Pepper, black
- Salt
- Sugar
- Parsley

### PREPARATION:

1. Heat some oil in a large pot. Sauté onions, celery and courgettes in it.
2. Add tomatoes and stock. Leave to simmer for approx. 20 minutes.
3. Blend all ingredients well, add **frischli Organic Oat Crème Cuisine**, bring to a boil and season with salt, pepper and sugar.
4. Prepare Vegeta Organic Falafel Balls according to the instructions and serve with the tomato vegetable soup.
5. Finally, the soup can be garnished with freshly chopped parsley.





# POTATO CASSEROLE WITH VEGETABLES

## POTATO GRATIN WITH SPRING VEGETABLES & SUNFLOWER CRUST

**TIP:**  
TOMATO SALSA  
OR HERB SAUCE &  
VEGETABLE SALAD  
ARE PERFECT AS A  
SIDE.

**INGREDIENTS:**

- 2000 g Potatoes, peeled, unsulphurated, thinly sliced
- 500 g Broccoli florets
- 300 g Carrots
- 300 g Bell pepper, red
- 300 g Asparagus, frozen
- 100 g Green peas, frozen
- 200 g Sunflower seeds
- 30 g Alsan organic to grease the dish
- 1000 ml Vegetable stock
- 120 g Chickpea flour
- 1000 ml **frischli Organic Oat Crème Cuisine**
- 40 g Potato starch
- Salt, pepper, nutmeg, Kala Namak salt, curcuma

**PREPARATION:**

1. Grease the casserole dish with margarine. Layer half of the potatoes into the dish.
2. Peel the carrots and cut into slices. Dice the bell pepper. Slice the broccoli florets if needed. Keep the asparagus and peas frozen. Mix the vegetables add some salt and spread them over the potatoes in the dish.
3. Mix potato starch, chickpea flour and seasoning. Stir-in vegetable stock and **frischli Organic Oat Crème Cuisine** until smooth. Use half of the mixture to cover the layer of vegetables in the dish.
4. Add more layers with the remaining potatoes and the mixture. Finally, sprinkle the sunflower seeds on top.
5. Bake the potato casserole at 160°C for approx. 1.5 hours. The casserole can be portioned best after a cooling period of approx. 1 hour.



# OVEN-FRESH VEGAN LOAF

WITH ROSEMARY JUS, POTATO GRATIN AND GREEN BEANS

In cooperation with:



## INGREDIENTS FOR 10 SERVINGS

- 1300 g HILCONA THE GREEN MOUNTAIN Meatloaf alternative, frozen
- 800 ml Gravy, vegan
- 3 g Rosemary, dried
- 2000 g Potato gratin, vegan
- 1000 g Green beans, medium-fine

### For the vegan gravy:

- 40 ml Rapeseed oil
- 25 g Onions, chopped
- 100 g Carrots, diced
- 50 ml Cooking wine, red
- 900 ml Water
- 100 g Gravy sauce powder, vegan

### For the vegan potato gratin:

- 3250 g Potatoes, starchy, peeled, sliced
- 180 ml **frischli Organic Oat Drink**
- 180 ml **frischli Organic Oat Crème Cuisine** (vegan, without allergens or palm oil)
- 10 g Garlic, chopped
- 4 g Table salt
- 2 g Pepper, white
- 3 g Nutmeg, ground
- 150 g Grated cheese alternative, vegan

### For the beans:

- 980 g Green beans, medium-fine
- 25 ml Rapeseed oil
- 8 g Table salt

## PREPARATION:

1. For the vegan gravy, heat the rapeseed oil in a tilting kettle. Sauté the onions and carrots. Deglaze with red wine and reduce to 2/3. Fill up with water and add the gravy powder. Bring to a boil and simmer for approx. 5 – 10 minutes. Strain and refine with rosemary.
2. For the potato gratin, bring **frischli Organic Oat Drink** and **frischli Organic Oat Crème Cuisine** to a boil in a tilting kettle and season with garlic, salt, pepper and nutmeg. Add the potatoes and stir gently with a spatula while boiling. Simmer gently for approx. 5 minutes, then pour into GN-trays and spread the grated cheese alternative over it.
3. Bake in the CombiSteamer at 180°C for approx. 20 minutes until golden-brown. Steam the green beans until al dente and shock-chill, then gently mix with salt and oil. Cook the fully thawed meatloaf alternative in the preheated CombiSteamer at 150°C and 20% to 90°C core temperature. Serve hot.

**TIP:**  
YOU CAN REPLACE  
THE GRAVY WITH  
MUSTARD SAUCE.



# HACHIS PARMENTIER

## WITH MASHED POTATOES & SAUCE BOLOGNESE

In cooperation with:



### INGREDIENTS FOR 10 SERVINGS

- 2000 ml Sauce Bolognese (THE GREEN MOUNTAIN)
- 2000 g Mashed potatoes, vegan
- 30 g Margarine (without animal-derived ingredients)
- 200 g Grated cheese alternative, vegan
- 60 g Grape tomatoes
- 15 g Rosemary

#### For the sauce Bolognese:

- 100 ml Olive oil
- 90 g Onions, chopped
- 1500 g Brunoise mix (carrots, yellow carrots, celeriac)
- 6 g Garlic, chopped

#### For the mashed potatoes:

- 1200 g Potatoes, starchy, peeled
- 250 ml **frischli Organic Oat Drink**
- 60 g Margarine (without animal-derived ingredients)
- 10 g Table salt
- 2 g Pepper, white
- 4 g Nutmeg, ground

### PREPARATION:

1. Remove the margarine from the fridge and dice roughly.
2. For the Bolognese, heat olive oil in a tilting kettle or a suitable pot. Sauté the diced onions and add the diced vegetables and garlic. After defrosting, add THE GREEN MOUNTAIN mince and tomato paste. Fill-up with Pelati and water, then season with salt and pepper. Let simmer for approx. 30 minutes over low heat. Thicken with vegan gravy sauce powder, add herbs and allow to simmer for another 10 minutes.
3. For the mashed potatoes, steam the potatoes for approx. 20 – 25 minutes. Heat **frischli Organic Oat Drink** and add seasoning.
4. Mash the soft potatoes with a potato masher. Stir-in the hot **frischli Organic Oat Drink** and the diced margarine. Fill the Bolognese into GN-pans or gratin dishes and spread the mashed potatoes on top. Sprinkle vegan grated cheese over it.
5. Bake in a pre-heated CombiSteamer for approx. 20 – 40 minutes at 160°C and 20 %, depending on the size of the gratins. Garnish with grape tomatoes and rosemary.



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**TIP:**  
YOU CAN ALSO  
OFFER THIS DISH AS  
ENGLISH SHEPARD'S  
PIE.



# CHANTERELLE MUSHROOM RISOTTO



## INGREDIENTS:

- 400 g Chanterelle mushrooms
- 2 tbsp Vegan butter
- 30 ml Olive oil
- 80 g Onions
- 1 pc. Celery
- 2 cloves Garlic
- 350 g Risotto rice
- 200 ml White wine
- 600 ml Vegetable stock
- 2 Thyme sprigs
- 5–8 g Salt
- 1 g Black pepper, coarsely ground
- 150 ml **frischli Organic Oat Crème Cuisine**

## PREPARATION:

1. Put the margarine and 2 tbsp olive oil in a hot pot, stir-in half of the chanterelle mushrooms and sauté over high temperature while stirring. Set aside afterwards.
2. Dice celery and the onions finely, chop the garlic finely. Add the remaining olive oil and sauté the onions, celery and garlic for 3 minutes over medium to high temperature.
3. Add risotto rice and cook for another 5 minutes while stirring.
4. Add half of the mushrooms and the thyme sprigs, deglaze with white wine and pour-in 200 ml stock.
5. Reduce the heat of the stove to medium and cook the risotto for 25 minutes, stirring frequently. Add a ladle of hot stock approx. every 5 minutes.
6. Finally, stir-in **frischli Organic Oat Crème Cuisine**, arrange with the remaining mushrooms and finely chopped celery herb and bring to taste with salt and pepper.



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# PEARL BARLEY RISOTTO

## WITH CARAMELISED RADICCHIO, EDAMAME & FERMENTED APRICOTS

### INGREDIENTS:

- 500 g Pearl barley
- 300 g Shallots, diced
- 5 g Garlic, finely diced
- 300 ml White wine
- 1500 ml Vegetable stock
- 500 ml **frischli Organic Oat Crème Cuisine**
- 50 g Umeboshi (Japanese plums)
- 150 g Apricots
- 250 g Radicchio
- 100 g Cane sugar
- 300 g Alsan
- 400 g Edamame, peeled
- 150 g Soft cheese (vegan gastro)
- Sea salt, white pepper, lemon

### PREPARATION:

1. Soak the pearl barley in water over night and sieve.
2. Bring the vegetable stock to a boil in a separate pot and keep hot. Heat 100 g Alsan in a large pot and sauté the shallots and garlic. Add the pearl barley and sauté as well. Deglaze with white wine and allow to boil down. Add the vegetable stock a ladleful at a time and allow to simmer while stirring continuously.
3. Dice or slice the umeboshi and apricots. Remove the radicchio leaves from the stem, wash and gently dry. Heat 50 g Alsan in a pan and caramelize the cane sugar. Toss the radicchio leaves briefly in the caramelised sugar and let them cool on metal sheets. Season with sea salt, pepper and lemon zest.
4. After approx. 15 minutes, add the **frischli Organic Oat Crème Cuisine** to the risotto and cook the pearl barley until al dente. Shortly before the risotto is ready, fold-in the umeboshi and apricots and stir-in the soft cheese as well as 100 g cold Alsan. Bring the risotto to taste with salt, pepper and lemon juice. Sauté the edamame in 50 g Alsan with sea salt. Add the radicchio at the end and warm-up briefly in the sauteuse. Arrange the pearl barley risotto and decorate with some radicchio and edamame.







# VEGGIE QUICHE

## WITH TOFU & SEASONAL VEGETABLES

### INGREDIENTS:

#### Filling:

- 400 g Silken tofu
- 500 g Pure tofu
- 250 g Smoked tofu
- 450 ml **frischli Organic Oat Crème Cuisine**
- 100 g Chickpea flour
- 25 g Paprika powder
- 50 g Yeast flakes
- 20 g Salt
- 3 g Curcuma
- 2 pcs. Garlic cloves
- 3 pcs. Shallots, peeled halves
- 10 g Kala Namak salt
- Pepper

#### Base:

- 500 g Wheat flour
- 250 g Alsan, room temperature
- 15 g Salt
- 20 g Baking powder
- 50 ml **frischli Organic Oat Crème Cuisine**

#### Vegetables:

- 3 bundles Spring onion
- 1200 g Mushrooms
- Other seasonal vegetables
- 1000 g Cherry tomatoes, halves
- 100 ml Olive oil
- Salt, pepper

### PREPARATION:

1. For the base, mix all dry ingredients. Knead Alsan with the flour and add **frischli Organic Oat Crème Cuisine** and water if needed. Cover the dough and allow to rest for 30–45 minutes in the fridge. Then roll out the pastry, use it to line a GN baking tray evenly, press on gently and shape the edges. Indent with a fork.
2. In the meantime, cut the spring onions into rings, mushrooms into 1.5 cm pieces and the other vegetables into bite-sized pieces. Cut the cherry tomatoes into halves and set aside separately. Sauté the vegetables with a high water content, like mushrooms or courgettes, briefly in a pan, season lightly and drain.
3. For the filling, blend all ingredients into a creamy mixture. The filling should be thick enough to hold the cherry tomatoes on top. Spread the vegetables evenly on the base. Pout-in the filling and place the cherry tomatoes with the cut side up on top.
4. Bake the quiche in a pre-heated oven (220 °C) for 10 minutes. Reduce the temperature to 180 °C and bake for another 30–40 minutes. The filling in the centre should ideally have set and the surface should be golden brown. If the edges become too dark during baking, you can cover the quiche with some aluminium foil.





# STROGANOFF SANS BOEUF

## TAGLIATELLE WITH SOUR SAUCE

### INGREDIENTS:

- 800 g Plant-based meat alternative
- 50 ml Rapeseed oil for cooking
- 80 ml Rapeseed oil
- 500 g Onions
- 60 g Tomato paste
- 200 ml Red wine
- 40 g Starch for thickening
- 1800 ml Cold vegetable stock
- 30 g Mustard, medium hot
- 20 g Sugar
- 125 ml Pickle juice
- 30 ml Lemon juice
- 500 g Mushrooms
- 200 g Pickled gherkins
- 200 g Bell pepper
- 200 g Onions
- 400 ml **frischli Organic Oat Crème Cuisine**
- 800 g Egg-free ribbon pasta
- Garlic paste or granules
- Paprika powder (spicy)
- Pepper (black)
- Salt

### PREPARATION:

1. Heat 50 ml rapeseed oil in a pot and generously roast 500 g onions in it. Caramelize with tomato paste and deglaze with red wine. Then deglaze with cold vegetable stock and bring to a boil again. Mix the remaining vegetable stock with starch, add to the sauce and then stir-in the mustard. Add pickled gherkins, bell peppers, the remaining onions and mushrooms.
2. Gently allow the sauce to reduce and season as desired with sugar, pickle juice, lemon juice, garlic, paprika powder, pepper and salt. Finally, stir-in **frischli Organic Oat Crème Cuisine**.
3. Mix the meat alternative with the remaining rapeseed oil and roast generously in a pan or a CombiSteamer for approx. 8 minutes. Add the roasted pieces to the sauce and keep warm.
4. Prepare tagliatelle as instructed on the packaging, serve with Stroganoff Sans Boeuf and garnish with fresh parsley.



# SPAGHETTI CARBONARA

## WITH VEGETABLE STRIPS & VEGAN CARBONARA SAUCE

VEGAN,  
LACTOSE FREE;  
GLUTEN FREE  
SAUCE.

### INGREDIENTS:

- 300 g Onions
- 50 ml Olive oil
- 300 g Smoked tofu
- 2 pcs. Garlic cloves
- 20 ml Lemon juice
- 10 g Sea salt
- 1 g Curcuma
- 1 g Kala Namak salt
- 2 g Pepper, black, freshly ground
- 20 g Chickpea flour
- 200 ml Carrot juice
- 200 ml Vegetable broth
- 500 ml **frischli Organic Oat Crème Cuisine**
- 800 g Spaghetti
- 400 g Vegetable strips (carrot, courgette etc.)
- 30 g Olive oil
- 20 g Chopped parsley
- Salt

### PREPARATION:

1. Dice the smoked tofu. Peel the onions and garlic cloves, chop finely and set aside separately.
2. Heat the oil in a pan. Roast the smoked tofu for approx. 3 minutes gently. Add the chopped onions and roast until they start to brown. Add the garlic and roast briefly. Sprinkle the chickpea flour over and stir in. Add seasoning and fill up with vegetable stock and carrot juice. Add lemon juice.
3. Slowly bring to a boil. Use the vegetable stock until you receive the desired consistency. Fill up with **frischli Organic Oat Crème Cuisine**, season and keep warm.
4. Prepare spaghetti as instructed by the manufacturer, toss briefly in olive oil, mix with the sauce and serve.
5. When finished, sprinkle some cut parsley on top.





# RAVIOLINI RATATOULLIE

## WITH HERB CREAM SAUCE & ROOT VEGETABLES

In cooperation with:



### INGREDIENTS FOR 10 SERVINGS

- 2200 g HILCONA Raviolini Ratatouille, frozen
- 60 ml Rapeseed oil
- 40 g Onions, chopped
- 20 g Celeriac, diced
- 40 g Carrots, diced
- 40 g Fennel, strips
- 5 g Garlic, chopped
- 1000 ml Water
- 800 ml **frischli Organic Oat Crème Cuisine**  
(vegan, without allergens or palm oil)
- 70 g Vegetable bouillon powder
- 2 g ground nutmeg
- 2 g Pepper, black
- 300 g Julienned vegetables
- 30 g Fresh herbs, chopped
- 20 g Chives, cut
- 10 g Orange zest
- 30 g Margarine (without animal-derived ingredients)
- 420 g HILCONA THE GREEN MOUNTAIN Balls, frozen
- 200 g Carrots, diced
- 15 g Citrus thyme

### PREPARATION:

1. Blanch and shock-chill julienned vegetables.
2. Heat the rapeseed oil in a tilting pot. Sauté onions, celeriac, carrots, fennel and garlic. Fill up with water and **frischli Organic Oat Crème Cuisine** and bring to a boil. Simmer for approx. 10 minutes and bring to taste with bouillon powder, pepper and nutmeg.
3. Mix the sauce well and thicken it with the roux. Add the herbs and julienned vegetables and simmer gently for approx. 5 minutes.
4. In the meantime, cook the pasta at 95 °C and 100 % in the pre-heated CombiSteamer for approx. 8 minutes.
5. Arrange the pasta with the sauce and garnish with chives.



**TIP:**  
YOU CAN ALSO ADD  
SOME DUKKAH SPICE  
TO THE HERB SAUCE  
FOR AN AFRICAN  
FLAVOUR TWIST.



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# ZURICH RAGOUT

## WITH MUSHROOM CREAM SAUCE, RÖSTI & GLAZED CARROTS

In cooperation with:



### INGREDIENTS FOR 10 SERVINGS

- 40 ml Rapeseed oil
- 1000 g HILCONA Vegic Slices, vegan, frozen
- 60 g Margarine (without animal-derived ingredients)
- 40 g Shallots, chopped
- 250 g Mushrooms, white, sliced
- 50 ml Cooking wine, white
- 150 ml Water
- 800 ml **frischli Organic Oat Crème Cuisine** (vegan, without allergens or palm oil)
- 20 g Gravy sauce powder, vegan
- 8 g Table salt
- 2 g Pepper, black
- 20 g Parsley, chopped
- 1000 g Carrots, sliced "natural"
- 1800 g Röstis (Swiss hash browns)

#### For the röstis:

- 1600 g HILCONA Rösti

#### For the carrot slices:

- 980 g Carrots, sliced
- 25 ml Rapeseed oil
- 8 g Table salt

### PREPARATION:

1. Either fry the rösti without additional oil or fat in a Teflon pan, loosen and roast for 12–15 minutes until golden brown. Or bake in the CombiSteamer: loosen the rösti shavings by hand and shape on baking sheets by lightly pressing the mass. Bake in preheated CombiSteamer at 220°C and 60% for 16 minutes until crispy.
2. Steam the carrot vegetables until al dente and shock-chill, then gently mix-in salt and oil.
3. For the ragout, heat the rapeseed oil in a tilting frying pan. Roast the slices in rapeseed oil until crispy and set aside to drain. Remove the excess amount of fat from the tilting frying pan and reduce the heat. Then use it to sauté the shallots in **frischli Organic Oat Crème Cuisine**, add mushrooms and sauté as well.
4. Deglaze with white wine and fill with **frischli Organic Oat Crème Cuisine**. Thicken with gravy sauce powder, bring to a boil and season with salt and pepper. Add the slices to the sauce and bring to a boil again.
5. Arrange the final dish and garnish with parsley.



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# SOY SLICES

In cooperation with:



## INGREDIENTS FOR 10 PEOPLE:

- 600 g HILCONA Vegic Slices
- 100 ml Frying oil
- 100 g Alsan
- 1200 g Mushrooms
- 200 g Onions, diced
- 35 g Paprika powder
- 75 g Wheat flour
- 300 ml White wine
- 600 ml Vegetable stock
- 800 ml **frischli Organic Oat Crème Cuisine**
- 70 g Shiitake mushrooms, dried
- 2 pcs. Bay leaves
- 1 bundle Parsley
- Salt, pepper, nutmeg

## PREPARATION:

1. Simmer the soy slices in a strong vegetable stock and steep for another 10 minutes.
2. Use a high temperature to roast the HILCONA Vegic Slices in a large pan for approx. 3–4 minutes and set aside. The slices should be crispy on the outside and brownish on the inside.
3. Heat Alsan in a large, wide pot and sauté the mushroom slices in it. Season with salt right away. Fry the mushroom slices until the liquid has evaporated. Now add the diced onions and sauté until they start to brown. Season with paprika powder and fry briefly as well. Dust the vegetables with flour and sauté lightly while stirring carefully. Deglaze with white wine and allow to reduce briefly. Then fill up with half of the vegetable stock, stir carefully with a cooking spoon. Simmer again for 2–3 minutes and now fill up with the second half of the stock. Add bay leaves and shiitake powder and stir well.
4. Add the HILCONA Vegic Slices and pour-in **frischli Organic Oat Crème Cuisine**. Allow the dish to simmer over low temperature for at least 30 minutes. Towards the end of the cooking time, season with salt, pepper, nutmeg and chopped parsley.



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# CAPER DUMPLINGS

À LA KÖNIGSBERG

In cooperation with:



## INGREDIENTS FOR 10 PEOPLE:

- 100 g Margarine (without animal-derived ingredients)
- 300 g Onions, washed
- 10 g Garlic
- 20 g Salt
- 5 g Pepper
- 1 g Caraway
- 1 g Marjoram
- 1 g Paprika powder, smoked
- 40 g White breadcrumbs
- 30 g Cornflour
- 20 g Parsley, finely chopped
- 30 g Capers, finely chopped
- 1500 g HILCONA THE GREEN MOUNTAIN mince
- 3000 ml Vegetable stock or water to cook the dumplings

### For the caper sauce:

- 200 g Onions, diced
- 80 ml Cooking oil
- 1000 ml Vegetable stock
- 500 ml **frischli Organic Oat Crème Cuisine**
- 30 g Cornflour
- 40 ml Lemon juice
- 80 g Capers (collect the brine!)
- Salt, pepper
- Sugar, vinegar

## PREPARATION:

1. Braise the diced onions lightly. Mix the seasonings with cornflour and breadcrumbs. Knead with the vegan mince and the braised onions. Add finely chopped parsley and capers and bring to taste.
2. Bring the vegetable stock to a boil, shape the mixture into small dumplings and simmer in the vegetable stock for approx. 20 minutes. Place the cooked dumplings on the caper sauce and keep warm.
3. For the caper sauce, lightly sauté diced onions in cooking oil.
4. Pour-in some vegetable stock and allow to reduce a little. Mix **frischli Organic Oat Crème Cuisine** with cornflour, stir in the sauce and briefly bring to a boil. Add lemon juice, salt, pepper and caper brine.
5. Blend with a hand blender and fold the capers into the cream, when it is no longer boiling. Season again, use sugar and vinegar to balance out the acidity or sweetness, respectively.



# STEWED CABBAGE PARCELS

## WITH TOMATO VEGETABLE SAUCE & SPICED RICE

In cooperation with:



### INGREDIENTS FOR 10 PEOPLE:

- 1000 g HILCONA THE GREEN MOUNTAIN mince, frozen
  - 1300 g White cabbage
  - 5 g Caraway, whole
  - 40 ml Rapeseed oil
  - 60 g Onions, red, chopped
  - 30 g Garlic, chopped
  - 200 ml **frischli Organic Oat Crème Cuisine** (vegan, without allergens or palm oil)
  - 3 g Pepper, black
  - 20 g Mustard, mild
  - 10 g Fresh herbs, chopped
  - 60 g Oatmeal
  - 1200 g HILCONA tomato sauce
  - 200 g Carrots, diced
  - 200 g Carrots, yellow, diced
  - 200 g Parsnips, diced
  - 6 g Table salt
  - 2 g Pepper, black
  - 1800 g Spiced rice
  - 100 g Vegan quark alternative
  - 15 g Parsley, flat
- For the spiced rice:**
- 1250 g Long grain rice
  - 1750 ml Water
  - 12 g Ras el Hanout
  - 3 g Table salt
  - 70 g Margarine (without animal-derived ingredients)

### PREPARATION:

1. Cut the stalk from the cabbage and remove the leaves. Blanch the leaves with caraway in water, drain well and shock-chill. Dice the margarine.
2. Sauté the onions and garlic in rapeseed oil, add **frischli Organic Oat Crème Cuisine** and simmer for approx. 5 minutes. Allow to cool down briefly and mix-in mustard, pepper and herbs. Add the defrosted mince and mix well. Stir-in the oatmeal and shape into balls of 65g. Fill the cabbage leaves with the balls and fold.
3. For the sauce, mix the diced vegetables with salt and pepper and spread in GN-bowls. Carefully pour the tomato sauce over the vegetables and place the cabbage parcels on top.
4. Stew in a preheated CombiSteamer at 140°C and 30% for 30 minutes. For the spiced rice, fill GN-bowls with water, salt and Ras el Hanout and mix. Cook in a preheated CombiSteamer at 95°C and 100% for 22 minutes. Afterwards, mix in the margarine with a rubber spatula. Shock-chill the rice or use directly.
5. Serve the cabbage rolls with the spiced rice and garnish with parsley and quark.

**TIP:**  
FOR MORE VARIETY,  
YOU CAN ADD SOME  
FRIED MUSHROOMS  
TO THE VEGAN MICE  
FILLING.





# HOME-COOKED VEGAN BALLS

WITH MASHED POTATOES, ROOT VEGETABLES & THYME JUS

In cooperation with:



## INGREDIENTS FOR 10 SERVINGS

- 1300 g HILCONA THE GREEN MOUNTAIN vegan meatball basis
- 80 g White breadcrumbs
- 80 ml Rapeseed oil
- 1000 ml Gravy sauce, vegan
- 10 g Thyme, dried
- 2000 g Mashed potatoes, vegan
- 100 g Onions, red
- 20 g Margarine (without animal-derived ingredients)

### For the vegan balls:

- 760 g HILCONA THE GREEN MOUNTAIN mince, frozen
- 100 ml Rapeseed oil
- 50 g Onions, chopped
- 60 g Garlic, chopped
- 8 g Paprika powder, sweet
- 3 g Curry powder, mild
- 2,5 g Marjoram, dried & rubbed
- 600 ml **frischli Organic Oat Crème Cuisine** (vegan, without allergens or palm oil)
- 100 g Mustard, mild
- 60 g Parsley, chopped
- 10 g Pepper, black

### For the gravy:

- 40 ml Rapeseed oil
- 25 g Onions, chopped
- 100 g Carrots, diced
- 50 ml Cooking wine, red
- 900 ml Water
- 100 g Gravy sauce powder, vegan

### For the mashed potatoes:

- 1200 g Russet potatoes, starchy, peeled
- 250 ml **frischli Organic Oat Drink**
- 60 g Margarine (without animal-derived ingredients)
- 10 g Table salt
- 2 g Pepper, white
- 4 g Nutmeg, ground

### For the root vegetables:

- 200 g Parsnips, diced
- 300 g Yellow carrots, diced
- 280 g Carrots, diced
- 200 g Celeriac, diced
- 25 ml Rapeseed oil
- 8 g Table salt



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# HOME-COOKED VEGAN BALLS

WITH MASHED POTATOES, ROOT VEGETABLES & THYME JUS

**TIP:**  
THE VEGAN BALLS  
CAN ALSO BE  
PREPARED IN A  
COMBISTEAMER USING  
A ROAST TRAY.

## PREPARATION:

1. For the gravy sauce, heat the rapeseed oil in a tilting kettle, then sauté onions and carrots. Deglaze with red wine and reduce to 2/3. Fill up with water and mix-in the powder. Bring to a boil and cook for approx. 5-10 minutes, then strain.
2. For the mashed potatoes, cook the potatoes with steam for approx. 20-25 minutes, depending on their size. Heat **frischli Organic Oat Drink** and add seasoning. Mash the potatoes. Mix-in the hot **frischli Organic Oat Drink** and add the margarine cubes. Cook the root vegetables until al dente and shock-chill. Gently mix with salt and oil.
3. For the vegan ball basis, sauté onions in rapeseed oil. Add garlic, paprika powder, curry, marjoram and sauté further. Fill-in frischli **Organic Oat Crème Cuisine** and simmer for 5 minutes. Allow to cool down and mix-in parsley and pepper. Mix the mass into the defrosted mince and loosely knead-in the oatmeal. Shape into balls of 130 g.
4. Toss each top and bottom of the vegan balls in breadcrumbs and fry them in a tilting pan with rapeseed oil. Sauté the onion rings in margarine over medium heat.
5. Serve all components together and garnish with onion rings.



# V-CHICKEN BREAST

## WITH TARRAGON CREAM SAUCE, TWO KINDS OF RICE & YELLOW BEETS

### INGREDIENTS FOR 10 SERVINGS

- 1000 g Vegan chicken slices
- 1000 ml Tarragon cream sauce, vegan
- 1500 g Long grain rice "plain"
- 300 g Red jasmine rice, steamed
- 20 ml Rapeseed oil
- 3 g Table salt
- 1000 g Yellow beets „plain"
- 15 g Tarragon
- 5 g Pepper, white
- 200 g Sauce thickener (without allergens or palm oil)
- 30 g Tarragon

#### For the long grain rice "plain":

- 440 g Long grain rice
- 7 g Table salt
- 20 ml Rapeseed oil

#### For the red jasmine rice:

- 120 g Jasmine rice, red
- 1800 ml Water

#### For the yellow beets:

- 980 g Yellow carrots
- 25 ml Rapeseed oil
- 8 g Table salt

#### For the tarragon cream sauce:

- 60 ml Rapeseed oil
- 150 g Onions, chopped
- 60 ml Cooking wine, white
- 600 ml Water
- 420 ml **frischli Organic Oat Crème Cuisine**  
(vegan, without allergens or palm oil)
- 120 g Vegetable bouillon powder
- 3 g Table salt

### PREPARATION:

1. Pluck tarragon and keep the stems. Chop the leaves coarsely. Rinse the jasmine rice under cold running water.
2. For the sauce, heat rapeseed oil in a tilting kettle. Sauté the diced onions and the tarragon stems. Deglaze with white wine and reduce to ½. Fill-up with **frischli Organic Oat Crème Cuisine** and bring to a boil. Simmer for approx. 5 minutes, while seasoning with bouillon powder, salt and pepper. Blend the sauce and thicken. Strain through a fine sieve and refine with the tarragon leaves.
3. For the white rice, bring enough water to a boil in a tilting kettle. Cook the rice in boiling water until al dente and drain, then mix with rapeseed oil and salt.
4. For the red jasmine rice, preheat the CombiSteamer to 95°C and 100%. Fill GN-bowls with water and rice and steam for 35 minutes, then loosen with a beef fork.
5. Steam the vegetables until al dente and shock-chill, then gently mix with salt and oil.
6. Serve all components together and garnish with tarragon.



**TIP:**  
RED CAMARGUE RICE IS A PREMIUM ALTERNATIVE TO THE RED JASMINE RICE. FOR A MORE INTENSE SAUCE FLAVOUR, REPLACE HALF OF THE WATER WITH APPLE JUICE.



# VEGAN CURRY SAUCE

## WITH FALAFEL PATTIES

### INGREDIENTS:

- Onions
- Apple
- Banana
- Curry
- Glazed sugar snaps
- Carrots
- Leek
- 90 g Organic falafel patty
- **frischli Organic Oat Crème Cuisine**

### PREPARATION:

1. Sauté the onions, add the apple and banana pieces and sauté as well.
2. Add curry and roast briefly.
3. Deglaze with **frischli Organic Oat Crème Cuisine**, reduce and blend.
4. Add the glazed sugar snaps, carrot slices and leek slices.



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# BASIC LIGHT SAUCE

## SAUCE BASE FOR LIGHT SAUCES OF ALL KINDS

### INGREDIENTS:

- 60 g Margarine (Alsan organic) or cooking oil
- 160 g Onions
- 200 ml White wine (Green Veltliner or Riesling, tart)
- 0,5 g Turmeric
- 600 ml Vegetable stock
- 1 St. Lemon
- 400 ml **frischli Organic Oat Crème Cuisine**
- Salt, pepper
- Thickener (starch, herba cuisine pectin thickener)
- Fresh herbs, finely chopped (saffron, mustard, lemon zest and carrot juice, mushrooms etc.)

### PREPARATION:

1. Melt margarine in a pot.
2. Peel the onions, dice and briefly sauté in the margarine. Add turmeric and briefly roast.
3. Pour-in the white wine and cook for approx. 5 minutes.
4. Then fill-up with vegetable stock and keep cooking.
5. Mix **frischli Organic Oat Crème Cuisine** with thickener and add to the sauce base. Bring to a boil. Season with salt, pepper and lemon juice.
6. Either pass the finished sauce through a sieve or blend with a hand blender until smooth. Bring the finished sauce to taste.



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# BÉCHAMEL SAUCE

## INGREDIENTS:

- 300 g Flour
- 300 g Alsan
- 3 pcs. Bay leaves
- 10 pcs. Peppercorns
- 2000 ml **frischli Organic Oat Drink**
- 1000 ml Vegetable stock
- 1 tsp. Nutmeg
- 3 tsps. Salt

## PREPARATION:

1. First, roast the flour with the margarine, peppercorns and the bay leaf over medium heat.
2. Mix **frischli Organic Oat Drink** with thickener and add to the sauce base. Bring to a boil. Season with salt, pepper and lemon juice.
3. The béchamel sauce should simmer gently for at least 20 minutes.
4. Either pass the finished sauce through a sieve or blend with a hand blender until smooth. Bring the finished sauce to taste.



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# HEARTY MUFFINS

## WITH CARROTS & HAZELNUT

VEGAN,  
LACTOSE FREE,  
WHOLEFOOD

### INGREDIENTS:

- 800 g Wholemeal spelt flour
- 200 g Ground hazelnuts
- 20 g Tartar baking soda
- 400 g Sugar
- 20 g Vanilla sugar
- 10 g Grates lemon peel
- 20 ml Lemon juice
- 5 g Salt
- 1 pinch of Turmeric
- 200 ml Oil
- 700 ml **frischli Organic Oat Crème Cuisine**
- 200 g Grated carrot

### PREPARATION:

1. Put all dry ingredients to a bowl and mix well.
2. Add carrots, lemon juice, oil and **frischli Organic Oat Crème Cuisine** and stir well.
3. Fill into muffin cups right away and bake at 160 °C for approx. 25 minutes.

### IMPORTANT NOTE:

Vegan doughs are baked at a relatively low temperature. Due to the absence of eggs, they do not brown as much, but those who prefer browning can add some almond paste or marzipan. Doughs with baking soda must be baked right away, as the leavening power decreases rather quickly.



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# SALTED CARAMEL DESSERT

## WITH MANGO & CARAMEL BISCUIT

### INGREDIENTS:

- 150 g Mango pulp
- 1 kg **frischli Organic Oat Dessert Salted Caramel**
- 150 g **frischli Fruit Puree Mango**
- 20 g Vegan caramel biscuits

### PREPARATION:

1. Cut the mango pulp into slices.
2. Portion **frischli Organic Oat Dessert Salted Caramel** into glasses and add a layer of **frischli Fruit Puree Mango** on top.
3. Chop the caramel biscuits coarsely. Garnish the desserts with Mango slices and biscuit pieces.







# SALTED CARAMEL CRUNCH DESSERT

## INGREDIENTS:

- 15 g Almond flakes
- 1,3 kg **frischli Organic Oat Dessert Salted Caramel**
- 15 g Toffee Popcorn

## PREPARATION:

1. Roast the almond flakes.
2. Portion **frischli Organic Oat Dessert Salted Caramel** into glasses and garnish with almond flakes and popcorn.



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# CRÈME BRÛLÉE

## & POTENTIAL DERIVATIVES

### INGREDIENTS:

- 500 ml **frischli Organic Oat Crème Cuisine**
- 500 ml **frischli Organic Oat Drink**
- 100 g Sugar
- 1 pinch Salt
- 1 g Turmeric
- 3 g Vanilla powder
- 5 g Agar-agar
- 50 g Starch
- Sugar for dusting

Possible derivatives:

- **Panna cotta:**  
Use **frischli Organic Oat Crème Cuisine** only
- **Dessert cream:**  
Blend well when the mixture has cooled down.
- **Crème caramel:**  
Replace frischli Organic Oat Drink with silken tofu

### PREPARATION:

1. Mix or blend all ingredients when cold until smooth.
2. Bring to a boil in a large pot and simmer for 1 minute – keep stirring.
3. If necessary, strain through a sieve and pour into the preferred dessert dishes or, for a panna cotta, into a greased silicone mould.
4. Allow the mixture to cool down and remove any residual moisture from the top.
5. Dust with sugar, shake off the excess and caramelize evenly with a culinary torch.

Recipe: Maximilian Schmid, [www.VeganeGastro.de](http://www.VeganeGastro.de)



# PANNA COTTA

## WITH OAT & BLUEBERRIES

### INGREDIENTS:

- 7 g Agar-agar
- 600 ml Coconut milk
- 500 ml **frischli Organic Oat Crème Cuisine**
- 2 g Vanilla powder
- 30 g Sugar
- 15 g Cornflour
- 40 g Cocoa butter or vegan white chocolate
- 200 ml Elderberry juice
- 20 g Cornflour
- 30 g Sugar
- 800 g Blueberries, frozen

### PREPARATION:

1. Stir agar-agar into 50 ml coconut milk and soak. Pour the remaining coconut milk into a pan with **frischli Organic Oat Crème Cuisine**, flavour with vanilla and bring to a boil. Add mixed agar-agar and cook for approx. 1 minute.
2. Mix the sugar with cornflour and stir in the coconut oat mixture with a whisk. Add cocoa butter and vegan white chocolate to the mixture and stir well. Use a measuring cup to divide it into cold-rinsed dessert glasses. Allow the panna cotta to harden in the fridge for 1-2 hours.
3. Measure approx. 50 ml elderberry juice and mix with cornflour. Add the remaining juice to the pan, bring to a boil with sugar and thicken with cornflour. Leave to cool afterwards.
4. Pour the sauce over the panna cotta and garnish with blueberries. Decorate as desired and serve cold.



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# OAT PANCAKES

## À LA KAISERSCHMARRN

### INGREDIENTS:

#### For the batter:

- 1000 ml **frischli Organic Oat Drink**
- 120 g Sugar
- 5 g Salt
- 1000 g Pastry flour („Wiener Griessler“)
- 65 g Baking powder
- 1000 ml Neutral vegetable oil for baking

- 200 g (Rum) Raisins

#### For the caramel:

- 250 g Alsan
- 300 g Sugar
- 250 g Almond slivers

### PREPARATION:

1. For the dough, mix sugar and salt with **frischli Organic Oat Drink**. Fold-in the flour while stirring. Allow the dough to rest for approx. 1 hour or soak, respectively. Then stir-in the baking powder.
2. Heat a medium-sized pan and pour in the vegetable oil when the pan is hot. Pour the dough into the pan and spread the raisins evenly across. The raisins should fully sink into the dough. Reduce the heat to a quarter of the full power.
3. Let the batter bake for approx. 3-5 minutes (the batter cooks visibly at the edges). Carefully turn over and bake for another 5 minutes. Drain the pancakes on a kitchen towel and cut into the desired shape (e.g. cubes or diamond shapes).
4. Let the Alsan melt in the pan and caramelize the sugar in it. Add the almond slivers and roast lightly. Add the pancake pieces to the pan and toss.
5. Arrange the pancakes on a plate and dust with icing sugar.

Recipe: Maximilian Schmid, [www.VeganeGastro.de](http://www.VeganeGastro.de)



# CHOCOLATE ESPUMA

## INGREDIENTS:

- 300 ml **frischli Organic Oat Crème Cuisine**
- 100 g Herba cuisine basic texturizer
- 1 pc. Vanilla Pod
- 40 g Agave syrup
- 50 g Very strong coffee
- 100 ml Dark chocolate 80 % cocoa

## PREPARATION:

1. Bring **frischli Organic Oat Crème Cuisine** and coffee to a boil slowly, sweeten with agave syrup and add a vanilla pod. Scrape the vanilla pulp from the pod and add it back to the almond cream.
2. Remove from the cooktop and add small chocolate pieces. Leave the mixture to cool (to approx. 40 °C).
3. Stir-in the basic texturizer.
4. Sieve the mixture and fill into an isi Whip bottle.
5. Seal the bottle with a suitable head and equip with 2 chargers.
6. Shake the bottle well and place in a fridge lying down for 3 hours.
7. Portion the espuma into glasses and serve right away.



# BLACK FOREST DESSERT

## WITH BISCUIT & CHERRY RAGOUT

### INGREDIENTS:

#### For the biscuit:

- 500 ml **frischli Organic Oat Drink Chocolate**
- 150 g Cane sugar
- 125 g Chocolate pudding powder
- 300 ml Neutral vegetable oil
- 300 g Wheat flour
- 25 g Baking powder

#### For the cherry ragout:

- 500 g Cherries
- 100 ml Red wine
- 200 ml Cherry juice
- 100 g Cane sugar
- 20 g Starch

#### For the cream:

- 2000 ml **frischli Organic Oat Drink**
- 250 g Cane sugar
- 8 g Vanilla powder
- 4 g Salt
- 120 g Cocoa butter
- 400 g Soft wheat semolina
- 120 g Soy yoghurt
- 400 g Alsan
- Lemon juice and zest

### NOTE:

For a firmer cream, increase the cocoa butter portion or the margarine portion, respectively. Please note however, that the cream hardens a lot during refrigeration.

The biscuit pieces remaining after cutting can be baked crispy for another 10 minutes. Crumbled into medium sized pieces, the crispy biscuit crumbles greatly enhance the consistency of the dessert.



# BLACK FOREST DESSERT

## WITH BISCUIT & CHERRY RAGOUT

### PREPARATION OF THE BISCUIT:

1. Stir sugar and pudding powder into the **frischli Organic Oat Drink Chocolate**. Then stir-in the oil.
2. Sieve the flour and mix-in with the baking powder without lumps. Depending on the desired thickness of the biscuit, line either two 1/2 GN trays (thicker) or one 1/1 GN tray with baking paper and spread the dough evenly. Bake at 165 °C for approx. 20 minutes and allow to cool.

### PREPARATION OF THE CREAM:

1. Stir sugar, vanilla powder and salt into the **frischli Organic Oat Drink** and bring to a boil slowly. Melt the cocoa butter in it, mix-in the semolina and stir until smooth.
2. Use a high-performance blender to mix the cooled-down mixture with soy yoghurt. Dice the margarine and whip at room temperature in a stirring bowl until foamy. Slowly stir in the lukewarm pudding. Bring the cream to taste with lemon juice and zest.

### PREPARATION OF THE CHERRY RAGOUT:

1. Mix the starch with one part of the cherry juice. Bring the cherry juice, red wine and sugar to a boil and stir-in the starch. Bring to a boil while stirring and leave to simmer for 5-10 minutes.
2. Fold-in the cherries and leave the ragout to cool. To serve in glasses, cut out the sponge cake with serving rings and layer them alternating with cream and ragout.

Recipe: Maximilian Schmid, [www.VeganeGastro.de](http://www.VeganeGastro.de)





## GOLDEN MILK

### TURMERIC MILK

#### INGREDIENTS:

- 300 ml **frischli Organic Oat Drink**
- 3 g Turmeric, ground
- 2 g Cinnamon, ground
- 5 g Fresh ginger, finely chopped
- 5 g Coconut oil
- 10 g Honey
- 1 pinch Pepper

#### PREPARATION:

1. Heat **frischli Organic Oat Drink** over low temperature.
2. Add the spices and the coconut oil and bring to taste with honey.
3. Pour the Golden Milk through a sieve.
4. Froth up as desired and pour into glasses.



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# CHAI LATTE

### INGREDIENTS:

- 1 tea bag Chai tea
- 180 ml Water
- 10 g Coconut sugar
- 60 ml **frischli Organic Oat Drink**
- 1 pc. Cinnamon

**TIP:**  
ADD SOME  
FRESHLY GRATED  
GINGER TO  
THE TEA.

### PREPARATION:

1. Prepare the tea with boiling water in a latte macchiato glass and steep.
2. Froth **frischli Organic Oat Drink** and pour in the glass.
3. Garnish with a little cinnamon powder.





# BEETROOT LATTE

### INGREDIENTS:

- 240 ml **frischli Organic Oat Drink**
- 10 ml Beet root juice
- 10 g Honey
- 1 pinch Cardamom

### PREPARATION:

1. Warm-up **frischli Organic Oat Drink** and stir-in honey.
2. Pour the beet root juice into latte macchiato glasses.
3. Froth the warm oat drink and add it to the juice.
4. Dust with some cardamom.



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# OUR PRODUCTS USED

## FACTS & FIGURES



### ORGANIC OAT

### CRÈME CUISINE



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Art. no. 7530

**Ingredients:** water, rapeseed oil\*, 8 % oats\*, pea protein\*, thickener xanthan gum, emulsifier lecithin\*.

\* from certified organic production



### MANGO

### PUREE

Art. no. 2638

**Ingredients:** Mango 90 %, sugar 10 %



### ORGANIC

### OAT DRINK



DE-ÖKO-001

Art. no. 7510 | Art. no. 7511

**Ingredients:** water, 9 % oats\*, rapeseed oil\*, thickener xanthan gum, emulsifier lecithin\*, sea salt.

\* from certified organic production



### ORGANIC OAT DRINK

### CHOCOLATE



DE-ÖKO-001

Art. no. 7520

**Ingredients:** water, 8 % oats\*, cane sugar\*, 2.1 % chocolate powder (cocoa powder\*\*), cane sugar\*, stabiliser carrageenan, sea salt.

\* from certified organic production

\*\* Rainforest Alliance-certified. Find out more at ra.org



### ORGANIC OAT DESSERT

### SALTED CARAMEL



DE-ÖKO-001

Art. no. 7542

**Ingredients:** water, 7 % oats\*, cane sugar\*, starch\*, rapeseed oil\*, natural caramel flavour, thickener locust bean gum\*, sea salt.

\* from certified organic production

**frischli**

100% PLANT-BASED

**ENJOY**

**YOUR MEAL(S)!**



**frischli**

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