

9 Plant-based Classics with a Twist



For hotels, restaurants and caterers

Say goodbye to the veto-vote... and hello to new customers



When it comes to getting together for a meal, decisions on where to go can depend on the veto-vote of just one person – the friend or family member with special dietary requirements.

If you can't cater for one, you risk losing them all.

With these delicious, new plant-based recipes, everyone's invited. From vegetarians and vegans, to those with lactose or gluten intolerance, and all their friends and family.

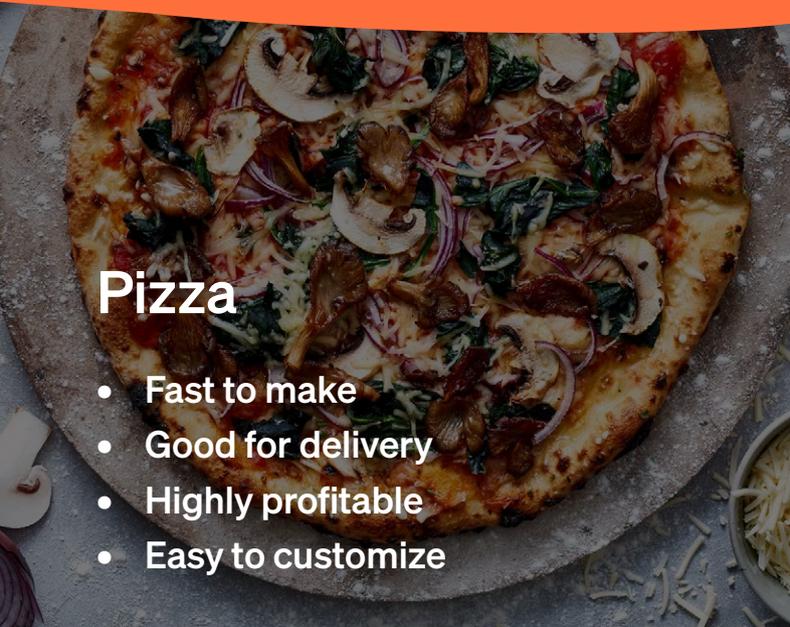
Recipes (100% Plant-based & Vegan)

1. Mashed Pie
2. Yellow Curry
3. Pumpkin Soup
4. Vegetable Stew
5. Pasta Funghi
6. Pasta Pesto
7. Pizza Beyond
8. Crème Brulee
9. Vanilla Panna Cotta

Most of your customers are right on your doorstep.

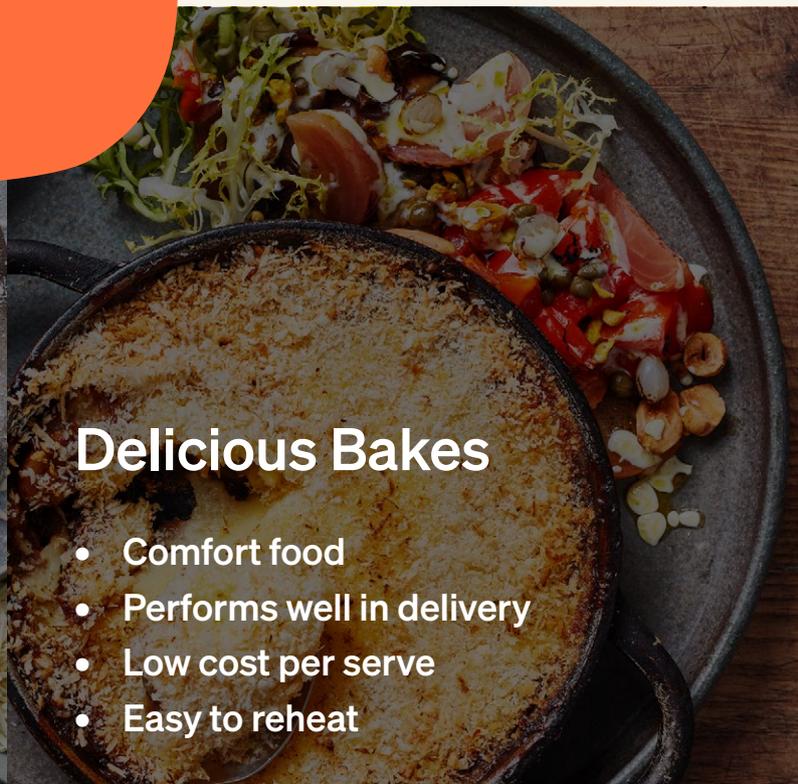
Bring them to your table with an inclusive, accessible menu that combines the familiar, classic favourites with twists that everyone can enjoy.

Avoid the veto-vote with these reimagined classic recipes that bring a fresh edge to your menu that will attract new customers and keep your regulars coming back for more.



Pizza

- Fast to make
- Good for delivery
- Highly profitable
- Easy to customize



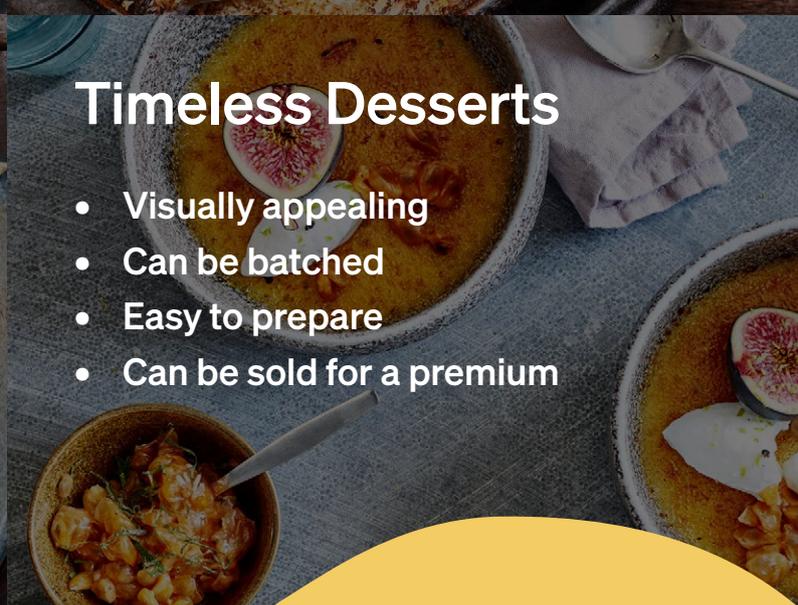
Delicious Bakes

- Comfort food
- Performs well in delivery
- Low cost per serve
- Easy to reheat



Fusion Dish

- Fun and inventive
- Distinctive taste
- Visually appealing
- Mass appeal



Timeless Desserts

- Visually appealing
- Can be batched
- Easy to prepare
- Can be sold for a premium



Mashed Pie

The ultimate comfort food for pie lovers everywhere, with a savoury, crunchy topping.

Type

Pie (Vegan)

No. produced

10 servings

Prep time

1 hour 15 minutes

Occasions

- Lunch
- Dinner
- Buffet

Feature & Benefits



Freeze and reheat



Chill and reheat



Delivery-friendly



Low cost per serve



Can be frozen



Bain marie stable

Dietary Claims



Dairy free



Vegan



Vegetarian



Lactose free

Need State



Comfort



Connection

Trends



Simple casual dining

Mashed Pie

The ultimate comfort food for pie lovers everywhere, with a savoury, crunchy topping.

Ingredients

	Ingredient	Weight/Qty
Pie filling	Phase Professional	100 ml
	Carrots, diced	300 g
	White onion, chopped	150 g
	Garlic, chopped	5 cloves
	Celery, chopped	200 g
	Brown mushrooms, sliced	350 g
	Oyster mushrooms, cut into strips	200 g
	Thyme	2 sprigs
	Rosemary	1 sprig
	White beans	1 400g can
	Salt and pepper to taste	
	Wheat flour	50 g
	Flora Plant All Purpose 31%	200 ml
	Vegetable broth	500 ml
Topping	Potatoes	1.5 kg
	Flora Plant All Purpose 31%	100 ml
	Flora Plant Unsalted	50 g
	Nutmeg to taste	
	Panko breadcrumbs	100 g

Preparation time: 1 hour and 15 minutes

Method

For the filling

1. Fry the chopped onions in Phase until soft and starting to colour.
2. Add the carrots and celery and cook until they start to brown.
3. Add the garlic, mushrooms, thyme and rosemary and fry the mushrooms until all moisture has evaporated.
4. Season with salt and pepper, sprinkle with flour and incorporate.
5. Pour in the vegetable broth, stirring continuously. Bring to a simmer and add Flora Plant All Purpose 31%.
6. Add the white beans and check the seasoning.
7. Place the finished filling in a heat-resistant dish or individual dishes, removing herb sprigs.

For the topping

1. Boil potatoes in salted water until tender, drain and leave for 5 minutes, before pressing through a moulin / sieve.
2. Warm the Flora Plant All Purpose 31% and Flora Plant Unsalted and beat into the mash, season with salt and pepper and nutmeg to taste.

To finish

1. Top the pie with the mash.
2. Sprinkle over the panko breadcrumbs.
3. Bake for 30 minutes at 180°C.

To serve

1. Serve with some seasonal vegetables on the side.

Featured Products



Flora Plant All Purpose 31%

Phase Professional

Flora Plant Unsalted

Make it Mediterranean



Substitute the main vegetables with sliced aubergine, courgette, pepper and red onion. Season with salt and pepper, herbs de Provence, drizzle with olive oil and grill. Make a simple tomato sauce with fresh tomatoes, garlic and olive oil. Layer the vegetables and sauce, cover with the mash and topping according to the recipe, and bake. Or make it your own with a polenta topping and a variety of beans and pulses.



Yellow Curry

Creaminess, colour and crunch. Spice up your menus with this simple, multi-dimensional Thai favourite.

Type

Curry (Vegan)

No. produced

10 servings

Prep time

40 minutes

Occasions

- Lunch
- Dinner
- Buffet

Feature & Benefits



Freeze and reheat



Chill and reheat



Delivery-friendly



Low cost per serve



Bain marie stable



Can be frozen

Need State



Comfort

Dietary Claims



Dairy free



Vegan



Vegetarian



Lactose free

Trends



Popular veggie dish



Simple casual dining



Premium dish

Yellow Curry

Creaminess, colour and crunch. Spice up your menus with this simple, multi-dimensional Thai favourite.

Ingredients

	Ingredient	Weight/Qty
Yellow Curry	Phase Professional	100 ml
	Courgettes, sliced	500 g
	Red bell peppers, cut into strips	500 g
	Green pepper, cut into strips	100 g
	Red chilli pepper, deseeded & chopped	1 pcs
	Green beans, halved	400 g
	New potatoes, boiled & sliced	400 g
	Oyster mushroom, sliced	250 g
	Shallots	120 g
	Garlic, sliced	8 cloves
	Fresh ginger, grated	20 g
	Yellow curry paste	90 g
	Cinnamon, ground	0.5 tsp
	Turmeric, ground	1 tsp
	Kaffir lime leaves	7 pcs
	Mung bean sprouts	150 g
Coconut milk	600 ml	
Flora Plant All Purpose 31%	500 ml	
Juice of 1 lime		
To Serve	Fresh coriander	10 g
	Steamed jasmine rice	100 g per person
	Thai crackers	200 g
	Crispy onions	50 g

To serve

1. Serve with steamed jasmine rice, crispy onions, Thai crackers and garnish with fresh coriander leaves.

Featured Products



Flora Plant All Purpose 31%



Phase Professional

Go red



Switch your curry paste from yellow to red for an added depth of flavour, and change up the vegetables with lentils, sweet potato, squash, aubergine, or diced pumpkin, according to the season.

Preparation time: **40 minutes**

Method

For the curry

1. Fry the chopped shallots, garlic, oyster mushrooms and chopped chillies, without seeds, in Phase Professional for 2 minutes.
2. Add the spices, yellow curry paste, grated ginger root, kaffir lime leaves, turmeric and cinnamon and fry for 2 minutes to release the aromas and flavours.
3. Add the Flora Plant All Purpose 31% and the coconut milk, bring to a simmer, season with salt and pepper and cook for 10 minutes.
4. Add the courgettes, bell peppers, boiled potatoes and beans, and cook for another 5 minutes on low heat.
5. Take off the heat, add the mung bean sprouts and lime juice.



Pumpkin Soup

Ladle out the warmth with this colourful, seasonal classic, perfect as a starter or a special.

Type

Soup (Vegan)

No. produced

10 servings

Prep time

45 minutes

Occasions

- Lunch
- Dinner
- Buffet

Feature & Benefits



Freeze and reheat



Chill and reheat



Delivery-friendly



Low cost per serve



Bain marie stable



Can be frozen

Dietary Claims



Dairy free



Vegan



Vegetarian



Lactose free

Pumpkin Soup

Ladle out the warmth with this colourful, seasonal classic, perfect as a starter or a special.

Ingredients

	Ingredient	Weight/Qty
Pumpkin Soup	Flora Plant Unsalted	100 g
	Large onions, thinly sliced	2
	Celery sticks, finely chopped	2
	Carrots, finely chopped	2
	Garlic cloves, thinly sliced	5
	Red chilli, deseeded & chopped	1
	Bay leaves	1
	Pumpkin, cut into large chunks	2 kg
	Olive oil	2 tbsp
	Vegetable stock	1.2 l
	Flora Plant Cooking 15%	200 ml
Pumpkin crisps	Pumpkin	200 g
	Coriander powder	1 tsp
Garnish	Pumpkin seeds	20 g
	Flora Plant Cooking 15%	
	Fresh coriander	
	Marigold petals	10 g
	Extra virgin olive oil	

Preparation time: **45 minutes**

Method

For the soup

1. Drizzle the pumpkin chunks with olive oil and roast at 200°C, skin side down, until soft. Leave to cool.
2. Sweat the onion, garlic, celery and carrot in the Flora Plant Unsalted until soft, but not coloured.
3. Add the bay leaf, chilli and vegetable stock and bring to a simmer.
4. Scoop out the roasted pumpkin flesh and add to stock. Simmer for 10 minutes, blend until smooth.
5. Season with salt and freshly milled pepper.

For the pumpkin crisps

1. Set the deep-fat fryer to 140°C.
2. Slice / mandolin the pumpkin as thinly as possible and fry until crisp and starting to brown.
3. Drain on kitchen paper.
4. Season with salt and coriander powder.

For the garnish

1. Wash and dry the pumpkin seeds, removing any pulp.
2. Roast at 180°C for 15 minutes.

To serve

1. Ladle into bowls, add 3 pumpkin crisps and a swirl of Flora Plant Cooking 15%.
2. Dress with fresh coriander, marigold petals, roasted pumpkin seeds and a drizzle of extra virgin olive oil.

Featured Products



Flora Plant
Cooking 15%



Flora Plant
Unsalted

A soup for all seasons



Switch up this soup base with a range of different vegetables, such as butternut squash, parsnip, carrot, or Jerusalem artichoke. Add curry or other spice mixes for an even warmer result.



Vegetable Stew

A rich comforting winter stew with lashings of umami.

Type

Stew (Vegan)

No. produced

10 servings

Prep time

1 hour 20 minutes

Occasions

- Lunch
- Dinner
- Buffet

Feature & Benefits



Freeze and reheat



Chill and reheat



Delivery-friendly



Low cost per serve



Bain marie stable



Can be frozen

Dietary Claims



Dairy free



Vegan



Vegetarian



Lactose free

Vegetable Stew

A rich, comforting winter stew, with lashings of umami.

Ingredients

	Ingredient	Weight/Qty
Vegan jus	Aubergine	420 g
	Cauliflower	450 g
	Celery	50 g
	Carrot	150 g
	Beetroot	100 g
	Shiitake	60 g
	Celeriac	200 g
	Broccoli	100 g
	Onion	125 g
	Garlic	60 g
	Tomato paste	10 g
	Kombu	9 g
	Olive oil	100 ml
	Water	2.5 l
	Xanthan	0.4 g
	Salt	4 g
Pectin	2 g	
Vegetables	Carrots	700 g
	Beetroot	450 g
	Wild mushrooms mix	300 g
	Silver onions	150 g
	Parsnip	700 g
	New potatoes	700 g
	Flora Plant Unsalted	75 g
	Phase Professional	50 g
Garnish	Flat leaf parsley	

Preparation time: **1 hour and 20 minutes**

Method

For the vegan jus

1. Roughly chop the vegetables into even chunks and transfer to a roasting tray.
2. Stir in the tomato paste and kombu.
3. Toss vegetables with oil and roast for about 45 minutes at 180°C, checking every 20 minutes to stir and rotate.
4. Place the roasted vegetables into a large saucepan, add water and bring to the boil, then simmer for about 40 minutes.
5. Strain the jus through a fine sieve.
6. Whisk dry ingredients into the jus until completely incorporated.
7. Reduce to desired consistency: a slightly thick sauce.

For the vegetables

1. Peel and cut the carrots, beetroot, and parsnip into even chunks.
2. Halve the potatoes, place into a roasting tray with the silver onions, toss with Phase Professional and roast at 170°C until soft.
3. Fry the mushrooms in Flora Plant Unsalted until nicely coloured, add the jus and bring to a simmer.
4. Add the roasted vegetables and simmer till right consistency.
5. Finish off with a little Flora Plant Unsalted.

To serve

1. Plate up the vegetables and pour the jus over the dish.
2. Garnish with chopped flat parsley.

Featured Products



Phase Professional

Flora Plant Unsalted

Dial up the comfort



To create the perfect winter warmer, add 3–4 small vegan dumplings and add to the top of the vegetables before pouring the jus over the dish and garnishing to dial up the comfort factor.



Pasta Funghi

A rich, creamy Italian classic for light lunches or satisfying suppers.

Type

Pasta (Vegan)

No. produced

10 servings

Prep time

30 minutes

Occasions

- Lunch
- Dinner
- Buffet

Feature & Benefits



Chill and
reheat



Delivery-
friendly



Low cost
per serve



Bain marie
stable

Dietary Claims



Dairy free



Vegan



Vegetarian



Lactose free

Pasta Funghi

A rich, creamy Italian classic for light lunches or satisfying suppers.

Ingredients

	Ingredient	Weight/Qty
Pasta	Large chestnut mushrooms, thickly sliced	500 g
	Spaghetti	60 g per person
	Phase Professional	150 ml
Sauce	Shallots	10 pcs
	Flour	150 g
	Flora Plant Unsalted	150 g
	Flora Plant Cooking 15%	2 l
	Nutmeg	To taste
	Dried porcini mushrooms	100 g
	Violife Prosociano	200 g
	Parsley, chopped	10 g
To finish	Violife Epic Mozzarella Flavour, grated	100 g
	Violife Prosociano	150 g
	Parsley, chopped	50 g

Featured Products



Flora Plant
Cooking 15%



Flora Plant
Unsalted



Phase
Professional



Violife Epic
Mozzarella
Flavour, grated



Violife
Prosociano

Preparation time: **30 minutes**

Method

For the pasta

1. Cook the pasta al dente, with a little salt.
2. Slice the mushrooms thickly and fry in Phase Professional for 5–6 minutes.

For the sauce

1. Soak dried porcini in 200ml of boiling water for 15 minutes. Roughly chop after soaking.
2. Prepare a roux with shallots, flour and Flora Plant Unsalted.
3. Add Flora Plant Cooking 15%, the soaked porcini including the soaking water and simmer until thickened.
4. Season with salt, pepper and nutmeg to taste.
5. Add the fried mushrooms to the sauce, and the Violife Prosociano and parsley. Loosen with pasta water if needed.

To serve

1. Pour the sauce over the cooked hot pasta.
2. Finish with Violife Epic Mozzarella Grated, Violife Prosociano and parsley.

Go Green



Try using asparagus, peas or courgettes in the summer for a fresher, lighter and seasonal dish. Instead of the mushroom soaking water, add 200ml of vegetable stock to loosen the sauce.



Pasta Pesto

Dressed up or stripped down this colourful classic is a guaranteed crowd-pleaser.

Type

Pasta (Vegan)

No. produced

10 servings

Prep time

30 minutes

Occasions

- Lunch
- Dinner
- Meal On-The-Go

Feature & Benefits



Chill and reheat



Delivery-friendly



Low cost per serve



Bain marie stable

Dietary Claims



Dairy free



Vegan



Vegetarian



Lactose free

Pasta Pesto

Dressed up or stripped down, this colourful classic is a guaranteed crowd-pleaser.

Ingredients

	Ingredient	Weight/Qty
Pesto	Basil	200 g
	Pine nuts	150 g
	Olive oil	150 ml
	Violife Prosciociano	75 g
	Rocket / Arugula	150 g
Pasta	Penne	60 g per person
To finish	Violife Prosciociano, grated	100 g
	Sun-dried tomatoes	150 g
	Rocket/ Arugula	50 g
	Pine nuts	20 g

Preparation time: **30 minutes**

Method

For the pesto

1. Blend the basil, pine nuts, Violife Prosciociano and rocket, while slowly adding olive oil until absorbed.
2. Season with salt and pepper to taste.
3. Store for up to 1 week in the fridge.

For the pasta

1. Cook the pasta until al dente in salted water.
2. Toss the penne with the pesto.

To serve

1. Finish with rocket leaves, sun-dried tomatoes, a scattering of pine nuts and Violife Prosciociano.

Featured Products



Violife Prosciociano,
grated

Switch it up



Rework this classic dish with the pasta of your choice. For a fuller-flavoured pesto, add sun-dried tomatoes to the blender and dress with chopped black olives and capers. For an upmarket variation, use large, fresh ravioli and finish with caper berries and sliced, cooked string beans.



Pizza Beyond

Just pizza? There's no such thing with this fantastic vegan all-rounder.

Type

Pizza (Vegan)

No. produced

10 servings

Prep time

2 hours

Occasions

- Lunch
- Dinner
- Meal On-The-Go

Feature & Benefits



Delivery-friendly



Low cost per serve

Dietary Claims



Dairy free



Vegan



Vegetarian



Lactose free

Pizza Beyond

Just pizza? There's no such thing with this fantastic vegan all-rounder.

Ingredients

	Ingredient	Weight/Qty
Pizza base	Flour type 00	1 kg
	Caster sugar	20 g
	Yeast	14 g
	Salt	20 g
	Warm water	550-600 ml
	Olive oil	40 ml
Sauce	Onion, sliced	5 pcs
	Garlic, chopped	3 cloves
	Canned tomatoes, cubed	1 kg
	Tomato paste	150 g
	Italian herbs, dry	20 g
	Phase Professional	100 ml
Topping	Violife Epic Mozzarella Flavour, grated	200 g
	Spinach	120 g
	Oyster mushrooms	200 g
	Garlic oil	40 ml
	Close cup mushrooms, sliced	20 g
	Red onions, sliced	3 pcs
Garnish	Parsley, roughly chopped	20 g
	Basil, roughly chopped	10 g

Preparation time: **2 hours**

Method

For the pizza base

1. Add the dry ingredients to a bench mixer, except for the sugar.
2. Stir the warm water, yeast, sugar and olive oil in a jug and let stand for 10 minutes.
3. Pour into the dry ingredients and mix to an elastic dough. Prove for 1-2 hours.
4. Divide into 10 portions and roll out.

For the sauce

1. Sweat the onions and garlic in Phase Professional.
2. Add the canned tomatoes, tomato paste and dry Italian herbs.
3. Simmer for 10 minutes and season to taste with salt and pepper. Leave to cool before using.

For the topping

1. Spread the sauce and toppings on each pizza base and cook in a pizza oven for 5-7 min at 350°C.

To serve

1. Place on to a board, slate or plate and add roughly chopped parsley or basil for garnish.

Featured Products



Phase Professional



Violife Epic Mozzarella Flavour, grated

Seasonal specials



Switch the vegetable toppings according to seasonal availability, for example, asparagus, courgettes and fresh peas in the summer months or roasted squashes in the autumn.



Crème Brûlée

Blowtorches at the ready for a vegan twist on this classic dessert, guaranteed to be everyone's cup of tea.

Type

Dessert (Vegan)

No. produced

10 servings

Prep time

30 minutes plus
chilling time

Occasions

- Lunch
- Dinner
- Buffet

Feature & Benefits



Delivery-
friendly



Low cost
per serve

Dietary Claims



Dairy free



Vegan



Vegetarian



Lactose free

Crème Brûlée

Blowtorches at the ready for a vegan twist on this classic dessert, guaranteed to be everyone's cup of tea.

Ingredients

	Ingredient	Weight/Qty
Crème Brûlée	Flora Plant All Purpose 31%	1 l
	Coconut milk	400 ml
	Vanilla pods, seeds scrapped	1 pcs
	Earl Grey tea bags	2 pcs
	Caster sugar	100 g
	Cornflour	6 tbsp
Garnish	Caster sugar	
	Flora Plant All Purpose 31%	
	Fresh figs, sliced	
	Walnut pieces	
	Lime zest	

Preparation time: **30 minutes plus chilling time**

Method

For the Crème Brûlée

1. In a medium saucepan, add the caster sugar, Flora Plant All Purpose 31%, tea bags, coconut milk, vanilla seeds and pod.
2. Warm over low heat, gently stirring, until sugar has dissolved.
3. Leave the mixture to infuse for 5 minutes, strain and return to the heat.
4. Make a paste of cornflour and 2–3 tbsps water.
5. Pour the paste into the mixture and cook until thickened.
6. Pour the hot mixture into ramekins, cover each with cling film and leave to set in the fridge for a couple of hours.

To serve

1. Sprinkle an even layer of caster sugar and caramelize with a blowtorch.
2. Top with a quenelle of whipped Flora Plant All Purpose 31%, freshly sliced figs, chopped walnuts and grated fresh lime.

Featured Products



Flora Plant All Purpose 31%

Bags of potential



Use chamomile or green tea bags instead of Earl grey tea bags for the Crème Brûlée to add a different flavour. For a fruity variation, add berries to the bottom of the ramekins before filling with the mixture. 2–3 raspberries, blackberries, or even small strawberry slices.



Vanilla Panna Cotta

A sweet, sharp and vegan twist for a creamy Italian classic.

Type

Dessert (Vegan)

No. produced

10 servings

Prep time

45 minutes plus setting time

Occasions

- Lunch
- Dinner
- Buffet

Feature & Benefits



Delivery-friendly



Low cost per serve

Trends



Italian cuisine



Simple casual dining



Classic dessert



Premium dish

Dietary Claims



Dairy free



Vegan



Vegetarian



Lactose free

Need State



Celebration



Craving



Connection

Vanilla Panna Cotta

A sweet, sharp and vegan twist for a creamy Italian classic.

Ingredients

	Ingredient	Weight/Qty
Panna Cotta	Flora Plant All Purpose 31%	1200 ml
	Coconut milk	300 ml
	Vanilla pods, seeds removed	2 pcs
	Sugar	180 g
	Agar Agar	6 g
Red fruit gel	Seasonal red fruit	300 g
	Caster sugar	20 g
	Xanthan gum	1 g
Cooked crumble mix	Plain flour	50 g
	Caster sugar	25 g
	Flora Plant Unsalted	20 g
Garnish	Strawberries, sliced	
	Redcurrants	
	Raspberries	
	Blueberries, sliced	
	Orange zest	

To finish

1. Pour a layer of the Panna Cotta into serving glasses and set in the fridge.
2. When set, add a layer of the seasonal fruit gel and chill. Repeat, turning the glass with every layer.
3. Top with cooked crumble mix.

To serve

1. Place the Panna Cotta glasses on to serving plates.
2. Top with the red berries and sliced fruits and finish with a micro grating of orange peel.

Featured Products



Flora Plant All Purpose 31%



Flora Plant Unsalted

Preparation time: **45 minutes plus setting time**

Method

For the Panna Cotta

1. Dissolve the agar agar in 100ml of the Flora Plant All Purpose 31%.
2. In a saucepan add the remaining Flora Plant All Purpose 31%, coconut milk, sugar and vanilla, and simmer until sugar is fully dissolved.
3. Add the agar agar mixture, combine well and boil for 1 minute, strain through a fine sieve and cool.

For the red fruit gel

1. Mix the seasonal fruit with the sugar and xanthan.
2. Bring to boil.
3. Strain through a sieve, allow to set and chill, before it is ready to use.

For the cooked crumble mix

1. Rub the Flora Plant Unsalted into the flour and sugar until it resembles breadcrumbs.
2. Add the oats and bake at 180°C until golden.
3. Keep in an airtight container for up to a week.

Fruity and flavourful twists



The Panna Cotta Flora Plant All Purpose 31% base can be flavoured with most fruits, such as banana, mango, lemon and passion fruit. Add the fruit puree to the warm Flora Plant All Purpose 31% once the agar agar has been added. You can also substitute vanilla for almond, rose, Earl Grey and jasmine, or add 100ml alcohol, such as grappa, rum, whisky.



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upfieldprofessional.com