



Experimental setup: Basic recipe for a vegetarian meat replacement dish Preparation

The basic recipe for this dish is a mix of seasonings: “7-Spice” (Fr. Raps), powdered garlic, powdered onion, cilantro, turmeric, powdered pineapple, powdered tomatoes and salt.



Basic recipe for hemp:

- 350 g tinned chickpeas
- 100 g hemp protein
- 8 g seasoning

Sauté in a frying pan: 140-150°C/core temp. 80°C



Basic recipe for psyllium:

- 350 g tinned chickpeas
- 100 g psyllium protein
- 8 g seasoning

Sauté in a frying pan: 140-150°C/core temp. 80°C