

A Complete Guide To

VEGETARIAN CUISINE

Recipes developed by Electrolux Professional Executive Chef Corey Siegel

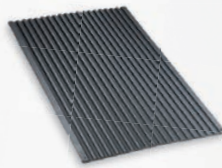




Chicken Grid



Non-stick Pan



Fry Pan



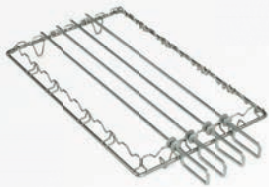
Fry Basket



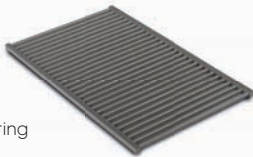
Egg Pan



Smoker



Skewer Rack



Searing Pan



Bread Pan



Mobile
10-pan
Rack



Trolley for
mobile racks

air-o-system

Improved workflow efficiency

The Electrolux exclusive integrated system of a matched capacity combi oven with a blast chiller/shock freezer is called the **air-o-system**. Integrated technologies and **cook&chill** methodologies make preparing, storing, cooking and preserving food for any amount of customers easier.

A full array of accessories that can be shared between combi ovens and blast chillers/shock freezers make for creative menu development. The **air-o-system** improves workflow and efficiency in kitchen planning and layout processes.

Contact Electrolux Professional directly at 866-449-4200 for more information. Share more of our thinking at www.electroluxusa.com/professional



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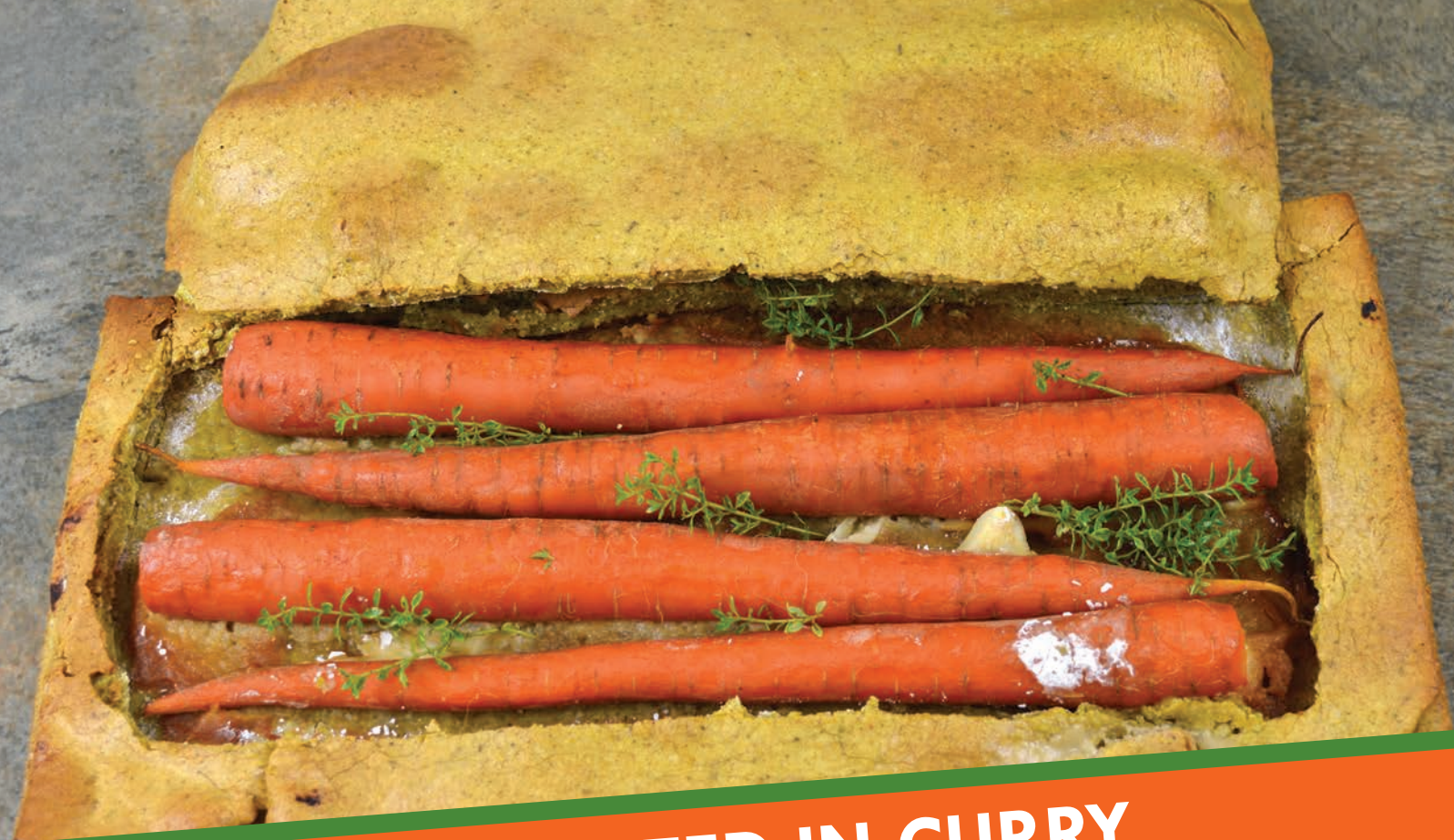
CAULIFLOWER & CARROT QUINOA

INGREDIENTS:

- 250 g Cauliflower (grated)
- 150 g Carrots (grated)
- 200 g Quinoa Blend
- 250 g Water
- 10 g Salt
- 10 g Lemon Zest
- 50 g Olive Oil
- 10 g Parsley (Chopped)

METHOD:

1. Combine cauliflower, quinoa, carrots, water, lemon zest and salt in a bowl and stir to evenly mix ingredients together.
2. Transfer the ingredients into a medium baking dish.
3. Steam in the air-o-steam Touchline combi oven at 212°F for 20 min.
4. Drizzle with olive oil, parsley and serve.



CARROTS ROASTED IN CURRY SALT CRUST

INGREDIENTS:

Crust

- 650 g Flour
- 300 g Salt
- 175 g Egg Whites
- 300 g Water
- 6 g Ground Black Pepper
- 3 g Dried Thyme
- 5 g Ground Coriander
- 2 g Ground Clove
- 5 g Ground Ginger
- 30 g Curry Powder

Vegetable

- 30 g Shiro Miso Paste
- 6 ea Smashed Garlic
- 6 ea Thyme Sprigs
- 6 ea Medium Carrots

METHOD:

1. Combine all crust ingredients into a TRK food processor on high speed for 1 min. to create a dough.
2. Dust a work surface with flour and transfer the dough onto it.
3. Roll out the dough to ¼ inch thickness.
4. Cut the sheeted dough in half to create a top and bottom.
5. On one of the dough halves, spread the miso down and add the carrots on top in alternating directions.
6. Add the garlic and thyme and place the other top over the carrots.
7. Cut the crust with a knife so you have a clean square shape and crimp the edges with a fork or fingers.
8. Bake on convection mode in the air-o-steam Touchline combi oven at 375°F for 30 min.
9. With a knife, cut open the crust and serve.



CHANA MASALA

INGREDIENTS:

- 6 ea Onions
- 6 ea Serrano Peppers (Sliced)
- 50 g Fresh Ginger (Pureed)
- 200 g Garlic (Pureed)
- 100 g Fresh Turmeric (Pureed)
- 300 g Crushed Tomatoes
- 200 g Ghee
- 12 lb Dried Garbanzo Beans
- 10 ea Red Chillies
- 16 qt Water
- 200 g Salt

METHOD:

1. Heat the Electrolux pressure braising pan to 360°F.
2. Add the ghee and allow it to melt down.
3. Add in the garbanzo beans to toast them.
4. Add the onions, garlic, ginger, turmeric, red chillies, serrano peppers and cook out for 3 min.
5. Add the spices, crushed tomato, salt and water and bring to a boil stirring constantly.
6. Once this has come to a boil, lock down the lid and set the timer for 2 hours.
7. After 2 hours release the lid (slowly, taking caution of hot steam coming out) and serve.



SMOKED EGGPLANT DIP

INGREDIENTS:

- 6 ea Eggplant
- 100 g Olive Oil
- 100 g Extra Virgin Olive Oil (for blending)
- 6 ea Garlic Cloves (sliced)
- 40 g Salt
- 10 g Ground Black Pepper
- 100 g Lemon Juice

METHOD:

1. Cut the eggplant in half lengthwise and drizzle with olive oil on the flesh side.
2. With a small knife, make cuts into the eggplant and stick the sliced garlic inside.
3. Season the flesh side with salt and pepper and place into a smoking basket.
4. Light the Electrolux volcano smoker oven accessory (see BBQ cookbook for additional tips).
5. Set the air-o-steam Touchline combi oven to convection mode/<30% custom vent/ half fan speed/ 30 min.
6. When the combi oven is ready, place the eggplant inside with the volcano smoker on the bottom rack.
7. When the eggplant is finished cooking, scrape the inside away from the skin into a TRK food processor.
8. Add into the TRK the lemon juice and the additional 100 g of olive oil.
9. Transfer the mix into a pan and cool down in the air-o chill blast chiller/shock freezer.
10. Serve in your favorite bowl with freshly baked pita.



PITA BREAD

INGREDIENTS:

**Need to scale ingredients*

- 10 g Dry Active Yeast
- 5 g Sugar
- 70 g Whole Wheat Flour
- 620 g AP Flour
- 3 g Kosher Salt
- 30 g Olive Oil
- 226 g Warm Water

METHOD:

1. In a mixing bowl, combine the water, whole-wheat flour, 150 g of the AP flour, sugar and yeast and allow to sit at room temperature for 15 min.
2. Next, add the salt, olive oil and the remaining flour to the bowl and mix with a dough hook on low speed for 4 min.
3. Allow the dough to rise in the bowl covered with a damp towel for 1 hour and punch it down. Repeat this 2 more additional times.
4. Step 3 could also be skipped by placing the dough into the refrigerator overnight.
5. Preheat the air-o-steam Touchline combi oven in convection mode to 475°F for 5 min. with the Electrolux frying griddle tray oven accessory placed inside the oven to heat up like a baking stone.
6. Portion the dough into 16 pieces and roll them into a ball shape.
7. Allow the dough to rest for 10 min. and then dust with a little bit of flour and roll them out to ¼" thick rounds.
8. Place the dough into the combi oven and watch them puff up.
9. Take the pita out of the combi oven and eat with the smoked eggplant dip.



FARRO & BUTTERNUT SQUASH RISOTTO

INGREDIENTS:

- 150 g Butternut Squash (diced)
- 550 g Vegetable Stock
- 225 g Toasted Farro
- 12 g Salt
- 1 ea Kombu Piece
- 100 g Butter
- 100 g Parmesan Cheese (grated)
- 50 g Lemon Juice

METHOD:

1. Combine the squash, stock, farro, salt and kombu into a large sous-vide bag and vacuum seal the bag shut.
2. Cook in the air-o-steam Touchline combi oven on steam mode at 185°F for 1 hour and 30 min.
3. When the timer goes off, transfer this mixture to a pot and bring to a boil.
4. Once this comes to a boil, remove from the heat and stir in the butter, lemon juice, parmesan and serve.



PICKLED VEGETABLES

INGREDIENTS:

- 500 g White Wine Vinegar
- 500 g Water
- 50 g Sugar
- 40 g Salt
- 10 g Whole Black Pepper
- 2 ea Garlic Cloves
- 2 Stems Fresh Dill
- 1000 g Mixed Vegetables (Carrots, Cucumber, Corn, Cauliflower, Red Onion, Red Peppers)

METHOD:

1. Sterilize the jars by placing them upside down in the Electrolux frying basket oven accessory and steam in the air-o-steam Touchline combi oven at 212°F for 5 min.
2. Combine the vinegar, salt, sugar, water, garlic, chili pepper in a pot and bring it to a boil.
3. Fill the jars with your vegetables and cover with the liquid until it is filled ¼ inch from the top.
4. Screw the lids on fingertip tight.
5. Steam in the air-o-steam Touchline combi oven at 230°F for 12 min.
6. Remove from the combi oven and allow them to sit on a rack to cool overnight.



VEGAN CHOCOLATE CHIP COOKIES

INGREDIENTS:

- 400 g Almond Flour
- 200 g Oat Flour
- 138 g Maple Syrup
- 8 g Coconut Sugar
- .5 ea Vanilla Bean
- 5 g Salt
- 100 g Walnuts (chopped)
- 100 g Chocolate Chips (chopped)
- Whole Chocolate Chips

METHOD:

1. In a mixing bowl, combine the almond flour, oat flour, maple syrup, coconut sugar, vanilla bean and salt.
2. With the paddle attachment, mix on low speed for 2 min. to evenly combine.
3. Add in the walnuts and chopped chocolate chips and mix on low speed for 1 min.
4. Take the mixture out and pack 3-inch round ring molds with the dough and press down to flatten. Continue to do this until all of the cookies are shaped.
5. Add 5 whole chocolate chips on top of the cookie as garnish.
6. Set the air-o-steam Touchline combi oven to convection mode 135°F/ vent open/4 hours.
7. Cookies are best served warm.



PIMENTO CHEESE DIP

INGREDIENTS:

- 10 ea Whole Pimento Peppers
- 400 g Cream Cheese
- 50 g Lemon Juice
- 125 g Cheddar Cheese
- 100 g Mayonnaise
- 50 g Hot Sauce
- 10 g Kosher Salt
- 1 g Cayenne Pepper

METHOD:

1. Set the air-o-steam Touchline combi oven to convection mode 520°F for 20 min.
2. Load the peppers into the oven directly on the rack and allow them to char up.
3. Remove the peppers from the combi oven and stick them in the air-o-chill blast chiller/shock freezer for 5 min.
4. Peel the skins off and remove the seeds.
5. In a TRK food processor, combine all of the remaining ingredients and enjoy.



ZUCCHINI, CORN & POTATO CAKES

INGREDIENTS:

- 2 ea Zucchini (grated)
- 2 ea Yukon Gold Potato (grated)
- 1 ea Corn
- 50 g Ground Flax Seed
- 60 g Kosher Salt
- 5 g Ground Black Pepper
- 75 g Olive Oil

METHOD:

1. In a bowl, add the zucchini and salt, tossing to combine.
2. Transfer the zucchini to a strainer and allow to sit for 20 min.
3. At this point, press as much moisture out of the zucchini as possible.
4. Transfer the zucchini back to a bowl and add the potatoes, corn, flax seed and black pepper.
5. Toss this mixture with olive oil and then portion out into the Electrolux egg pan oven accessory filling just above the top of each cavity.
6. In the air-o-steam Touchline combi oven, bake on combi mode 375°F/ 30% humidity/20 min.
7. Place in the air-o-chill blast chiller/shock freezer to cool down and flip over onto a tray.
8. Reheat as needed or serve hot instead of cooling down in the air-o-chill blast chiller/shock freezer.



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