







**"The GARDEN GOURMET® Professional products have amazing versatility, which makes it very interesting for our students to develop culinary creations with them"**

"Culinary Arts Academy Switzerland (CAAS) is regarded as Switzerland's best culinary school and one of the world's finest thanks to our comprehensive curriculum that blends a top-rated culinary arts education with practical business theory.

In order to further develop this top quality, we are constantly adapting our curriculum to be up-to-date with the latest culinary and external influences. Recently this has increasingly included plant-based trends.

Since many years we collaborate with Nestlé Professional, a strong and competent partner by our side. Our students were particularly taken with the GARDEN GOURMET® Professional plant-based range because of its tasty flavors and versatile applications.

As part of this collaboration, our students developed delicious dishes with the GARDEN GOURMET® Professional range. Eight such exciting culinary creations are featured in this recipe booklet. We at CAAS hope that these recipes will inspire other chefs to include more plant-based dishes in their menus."

**- Alain Müller -**

Culinary Arts Director at  
Culinary Arts Academy Switzerland





# FROM YUM TO OOH-LA-LA

## SIGNATURE DISHES OF ASPIRING CHEFS



'CEVICHE' STYLE SALAD



NEW INTERPRETED 'TARTARE'



HAND-MADE RAVIOLI



ASIAN STYLE SALAD



REVISED 'MOUSSAKA'



CRISPY NAKED TACOS



GRILLED SKEWERS



SPICY INDIAN CURRY





# 'CEVICHE' STYLE SALAD

WITH GARDEN GOURMET® VUNA®

## Ingredients

10 servings

GARDEN GOURMET® VUNA®	800g
Red onion	2pcs
Avocado	2pcs
Cilantro	50g
Zucchini	1pc
Vinegar	200ml
White wine	100ml
Salt	To taste
Pepper	To taste



## PREPARATION

1. Chop red onion, avocado, cilantro and zucchini into fine Brunoise.
2. Add the plant-based tuna alternative and mix gently to ensure all ingredients are evenly distributed.
3. Prepare the vinaigrette by boiling vinegar, white wine, finely chopped red onion, salt and pepper in a pan. Whisk the ingredients together until well blended.
4. Mix the vinaigrette with the plant-based tuna alternative and vegetable mixture. Toss gently to coat the ingredients with the vinaigrette.
5. Allow the 'ceviche' style salad to marinate in the refrigerator for at least 30 minutes, allowing the flavors to meld together and the plant-based tuna alternative to absorb the vinaigrette.



# NEW INTERPRETED 'TARTARE'

WITH GARDEN GOURMET® SENSATIONAL FILLET PIECES

## Ingredients

10 servings

GARDEN GOURMET® Sensational Fillet Pieces	800g
Green apple	2pcs
Pear	2pcs
Red onion	2pcs
Green bell pepper	2pcs
Lime	2pcs
Lemon	To taste
Mint	To taste
Ginger	To taste
Mustard	100ml
Olive oil	To taste
Salt & pepper	80g
Beetroot powder	200g
Vegetable mirepoix	50g
Tomato paste	50g
Vegetable stock powder	50g



## PREPARATION

### 'Tartare'

1. Peel the green apple and the pear.
2. Chop the GARDEN GOURMET® Sensational Fillet Pieces, apple, pear, red onion, and green bell pepper into fine Brunoise.
3. Add lime and lemon juice to the chopped ingredients.
4. Grate the ginger and finely chop the mint leaves. Add them to the previous ingredients.
5. Add mustard, olive oil, salt, and pepper to taste. Mix all the ingredients together until well combined.
6. Adjust the seasoning if needed and refrigerate the 'tartare' for at least 30 minutes to allow the flavors to meld together.

### Sauce

1. Roast the mirepoix until caramelized.
2. Dissolve the vegetable stock powder in water and add it to the roasted mirepoix.
3. Stir in the tomato paste and reduce the sauce over low heat until it reaches the desired consistency.
4. Add beetroot powder to enhance the color and flavor of the sauce and strain.
5. Adjust the seasoning if needed and refrigerate the sauce for at least 30 minutes to allow the flavors to meld together.





# HAND-MADE RAVIOLI

WITH GARDEN GOURMET® VEGAN MINCE



## Ingredients

10 servings

GARDEN GOURMET® Vegan Mince	200g
Flour	500g
Soy drink	150ml
Olive oil	50ml
Carrot	2pcs
Garlic clove	3pcs
Onion	2pcs
Celery	1pc
Zucchini	150g
Eggplant	100g
Spinach	50g
Chanterelle	50g
Salt	To taste
Pepper	To taste



## PREPARATION

### Filling

1. Chop the carrot, garlic cloves, onion, celery, zucchini, eggplant, chanterelles and spinach into fine Brunoise.
2. Put the chanterelles, eggplant, spinach and some of the carrot and onion aside for the sauce.
3. Mix the other vegetables with the GARDEN GOURMET® Vegan Mince and fry it for 2 minutes.

### Pasta dough

1. Place the flour in a large mixing bowl. Make a well in the center and pour in the olive oil. Mix until the dough starts to come together.
2. Knead it for about 5-7 minutes until it becomes smooth and elastic. Divide it into two portion and allow the dough to rest for about 30 minutes.
3. Roll out one portion and cut into small squares.
4. Place a spoonful of the filling in the center of each pasta square and close the ravioli.

### Sauce

1. Heat up some oil in a pan and add the chopped onion. Sweat for 2 minutes and add the flour. Let it cook for another 2 minutes.
2. Gradually pour in soy drink, while constantly whisking. Season with salt and pepper.
3. Fry the chanterelles, eggplant, spinach and remaining carrots and add it to the sauce.



# ASIAN STYLE SALAD

WITH GARDEN GOURMET® SENSATIONAL FILLET PIECES

## Ingredients

10 servings

GARDEN GOURMET® Sensational Fillet Pieces	800g
Eggplant	4pcs
Flour	100g
Water	80ml
Rapeseed oil	100ml
Garlic cloves	3pcs
Ginger	20g
Chili flakes	10g
Soy sauce	30ml
Peanut	40g
Sesame seeds	15g
Sugar	20g
Coriander	20g
Lettuce	150g



## PREPARATION

1. Cut the eggplant and GARDEN GOURMET® Sensational Fillet Pieces into cubes.
2. Combine flour, water and rapeseed oil to create a batter for coating the eggplant and GARDEN GOURMET® Sensational Fillet Pieces. Deep fry until they turn golden and crispy.
3. To prepare the dressing, mix finely chopped garlic, grated ginger and chili flakes. Add soy sauce, peanuts, sesame seeds and a pinch of sugar to the pan, stirring well to combine the flavors. Adjust the seasoning to taste.
4. Toss the fried eggplant and GARDEN GOURMET® Sensational Fillet Pieces in the prepared sauce.
5. Serve the eggplant and GARDEN GOURMET® Sensational Fillet Pieces on a bed of crisp lettuce leaves and garnish with freshly chopped coriander leaves.







# REVISED 'MOUSSAKA'

WITH GARDEN GOURMET® VEGAN MINCE

## Ingredients 10 servings

GARDEN GOURMET® Vegan Mince	800g
Eggplant	10pcs
Oil (to fry)	250ml
Zucchini	80g
Garlic	20g
Carrot	80g
Celery	80g
Red onion	2pcs
Shallot	3pcs
Bay leaves	1pc
Tomato sauce	300ml
Salt	To taste
Tomato	250g
Tomato paste	60g
Bell pepper	3pcs
Rice	500g



## PREPARATION

1. Begin by peeling the eggplant, cutting it in half, and removing the core.
2. Deep fry the eggplant until it turns golden in color.
3. Dice all the vegetables into small pieces. Sauté all the diced vegetables along with the GARDEN GOURMET® Vegan Mince and season with salt and pepper.
4. Add half of the tomato sauce and tomato paste to the pan with the diced vegetables. Cook until all the ingredients are fully cooked and well combined.
5. Place the deep-fried eggplant on a baking tray. Spoon the filling on top of the eggplant.
6. Bake everything in the oven at 80°C for 35 minutes.
7. Serve rice alongside and decorate with the rest of the tomato sauce.



# CRISPY NAKED TACOS

WITH GARDEN GOURMET® VUNA®

## Ingredients

10 servings

GARDEN GOURMET® VUNA®	800g
Cornmeal	200g
Potato (boiled)	150g
Oregano	To taste
Black pepper	To taste
Ketchup	30g
Mustard	30g
Vegan alternative to mayonnaise	100g
Lettuce	200g
Kidney beans	150g
Avocado	2pcs
Lemon	2pcs
Coriander	To taste



## PREPARATION

1. Combine the plant-based tuna alternative, cornmeal, boiled potato, oregano, and black pepper to create a cohesive dough.
2. Roll out the dough and cut it into circles, forming the taco shells. Pan fry the taco shells until lightly browned, then transfer them to the oven to crisp up.
3. Boil the kidney beans until tender, then mix in tomato paste and a selection of spices to enhance the flavor.
4. For the guacamole, mash avocado in a bowl and mix in chopped onions, salt, pepper, lemon juice and coriander to create a creamy and flavorful accompaniment.
5. Prepare the sauce by combining ketchup, vegan alternative to mayonnaise, and mustard, ensuring a smooth and well-balanced consistency.
6. To assemble the tacos, place the taco shells on a serving plate. Add a lettuce leaf and drizzle some sauce onto each leaf. Top with the kidney bean mixture, and garnish with a squeeze of lemon juice, julienned ginger, lemon zest and fresh coriander leaves. Serve the guacamole alongside the tacos.







# GRILLED SKEWERS

WITH GARDEN GOURMET® SENSATIONAL FILLET PIECES

## Ingredients

10 servings

GARDEN GOURMET® Sensational Fillet Pieces	800g
Bell pepper	3pcs
Onion	2pcs
Spices (Paprika, pepper, salt)	To taste
Ketchup	To taste
Olive oil	To taste
Lemon juice	15ml
Oyster mushrooms	3pcs
Maple syrup	To taste
Flour	300g
Water	To taste
Tahini	150g
Rosemary	30g
Rapeseed oil	100ml



## PREPARATION

1. Create a marinade by combining paprika, pepper, salt, ketchup, olive oil, lemon juice, and maple syrup. Mix well to ensure all flavors are incorporated.
2. Cut the vegetables into desired shapes and toss them together with the GARDEN GOURMET® Sensational Fillet Pieces in the marinade, ensuring they are well coated. Allow them to marinate for 30 minutes.
3. Prepare the pita dough by mixing flour, water, and salt. Knead until a soft dough forms. Set the dough aside covered for 15 minutes to allow it to rest.
4. After the resting period, roll out the pita dough and pan fry it until it becomes golden and slightly crispy.
5. Create skewers by alternating the marinated vegetables and GARDEN GOURMET® Sensational Fillet Pieces on rosemary branches.
6. Pan fry the skewers until they are slightly charred and crispy, ensuring they are cooked to perfection.
7. Serve the grilled skewers with the freshly cooked pita bread, tahini dressing, and a drizzle of rosemary oil.



# SPICY INDIAN CURRY WITH JEERA RICE

WITH GARDEN GOURMET® SENSATIONAL FILLET PIECES

## Ingredients 10 servings

GARDEN GOURMET® Sensational Fillet Pieces	800g
Tomato purée	300g
Onion	3pcs
Red bell pepper	3pcs
Carrots	200g
Spinach	100g
Cumin	10g
Turmeric	10g
Red chili powder	15g
Salt	To taste
Pepper	To taste
Basmati rice	500g



## PREPARATION

1. Sauté the GARDEN GOURMET® Sensational Fillet Pieces with a touch of cumin, salt, and pepper until they are golden brown.
2. In a separate pot, heat oil and add onions along with all the diced vegetables. Cook them until they soften and release their flavors.
3. Stir in the tomato purée, allowing it to simmer and meld with the vegetables. Taste and adjust the seasoning as needed.
4. Mix the sautéed GARDEN GOURMET® Sensational Fillet Pieces into the pot, allowing them to simmer together, further enhancing the flavors.
5. Serve the dish alongside with hot Zeera rice.
6. To prepare Jeera rice, cook basmati rice with cumin seeds in a seasoned broth.





GET INSPIRED  
THIS **VEGANUARY**   
ALL THE WAY

**Garden  
Gourmet**  
WHERE TASTE FEELS GOOD!