

**Podravka**  
EXPERT



# Plant-based and delicious

Plant-based  
for professionals





# Why plant-based?

Increasing numbers of guests are seeking out plant-based foods that are tasty, healthy and ecologically friendly. This flexible programme meets all these requirements and contains the necessary macro and micro nutrients, such as protein, fats, carbohydrates, vitamins and minerals, with fibre and precious phytonutrients!



Protects the environment



Protects animals



Health benefits



More diverse diet



Global trend



Market growth

Creating a “greener” menu is a common challenge, given time and staffing challenges to meet special requests.

AND IT HAS NEVER BEEN... SO DIVERSE!

Thanks to the broad Podravka product line, you will be able to enrich your recipes in a new and unique way! We'll show you how to create a number of dishes from a single product – be it for breakfast, lunch or dinner, the appetizer, main course, or dessert!



Cost-effective



Culinary expertise



Tasty and fast



Easy,  
cost-effective,  
and green!



**Create your own gastro oasis with Podravka...**  
The leader of a tastier future!



# Cream of vegetable soup

Barley asparagus risotto

Appetizer or side dish?  
You choose!

Vegetable soup

Delicious soup without the addition of any other ingredients!

Oven, deep fryer or air-fryer – **easy to make** without any fat!

Nuggets with sauce



# Cream of pumpkin soup

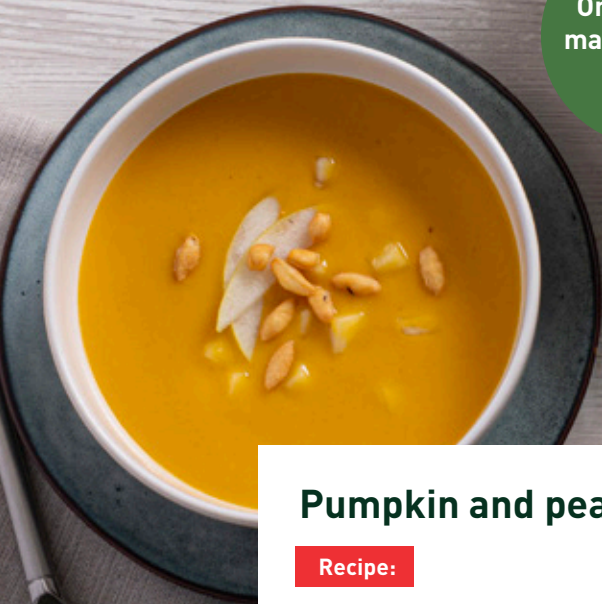


Pumpkin soup

One soup, so many different ways!



Risotto



### Pumpkin and pear soup

**Recipe:**

For an even better flavour experience, sauté onion (60 g) and season with **Vegeta Maestro granulated garlic** (1/4 teaspoon), **Vegeta Maestro ground ginger** (1/4 teaspoon), and pear slices (20 g). Sauté over low heat until pears are softened, then add in water (650 ml). Mix **Podravka Cream of Pumpkin soup** (60 g) into remaining water (100 ml) and add to pot to cook together for 5 minutes. Serve soup hot, sprinkled with **Kviki gric**.



## Zucchini fritters with sauce

### Fritter recipe:

Grate zucchini (350 g) and sprinkle with salt to release water. Press out excess water and then add in other ingredients: oat flakes (50 g), **Podravka Spelt wholegrain flour** (60 g), chopped onion (20 g), **Vegeta Maestro granulated garlic** (1/4 teaspoon), **Vegeta Maestro ground black pepper** (1/4 teaspoon), and **Vegeta Maestro Sea salt** (pinch), and mix well. Shape patties about 1 cm thick and roll in a little flour. Place patties on baking paper on a baking sheet, drizzle with a little olive oil, and bake at 180°C. Turn over after 15 minutes and bake another 10 minutes.

For an even richer taste, add other ingredients such as vegetables and spices.

### Sauce recipe:

Fry onions (20 g) and then add a tin (240 g) of **Podravka lentils** and water (300 g) to the pan. In a bowl, mix together **Podravka Cream of Pumpkin soup** (50 g) in water (100 ml). Combine and cook for 8 minutes. Add in plant-based cooking cream (200 g) mixed with **Dolceta Gussnel** cornstarch (1 teaspoon). Season the finished sauce to taste, and serve with zucchini fritters.



# Pastes

## Barley and mozzarella salad

### Dressing ingredients:

In a blender, make a pesto of fresh basil (20 g), olive oil (100 ml), pine nuts (100 g), grated parmesan (50 g) and **Podravka garlic paste** (2 teaspoons).

Available in the  
kitchen year  
round!

Complement  
flavours and  
reduce food  
preparation time!

## Chickpea spread

### Ingredients:

- 240 g tin **Podravka chickpeas**
- 3 tablespoons olive oil
- 60 g plant-based cream
- 1.5 tablespoons **Podravka Ajvar mild**
- 1 tablespoon **Podravka onion paste**
- 2 teaspoons **Podravka garlic paste**
- **Vegeta Maestro ground black pepper**
- **Vegeta Maestro sea salt**
- 1 baguette

## TIP

If desired, add in a little freshly squeezed lemon juice or olive oil as needed to make the spread even creamier.





## Gnocchi with basil and Dalmatian salsa

### Sauce recipe:

- 800 g tin **Podravka Pelati**
- 120 g onion
- 2 tablespoons olive oil
- 1 teaspoon sugar
- 2 teaspoons **Vegeta BIO**
- 2 tablespoons **Podravka Garlic Paste**
- 1 - 2 tablespoons **Podravka Basil Paste**
- **Vegeta Maestro ground black pepper**

### Gnocchi recipe:

Mix together **Potato dough mix** (500 g), with water (500 ml) and **Podravka Basil Paste** (1.5 teaspoons). Mix dough and let stand for 10 minutes. Roll into gnocchi and cook in salted boiling water until the gnocchi rise to the surface.



Croquettes



Plum dumplings



Gnocci



### CMOK potato dough mix

Base for making various side dishes

### Benefits of pastes

- ✓ Low salt content
- ✓ No flavour enhancers
- ✓ No preservatives
- ✓ No palm oil
- ✓ No yeast extract
- ✓ No additives
- ✓ No artificial colours
- ✓ No gluten
- ✓ Vegan



# O'Plant burger

Made from pea protein!

100%  
PLANT  
BASED

## Chickpea mayonnaise

### Ingredients:

- 4 tablespoons liquid from the tin of **Podravka chickpeas**
- 2-3 teaspoons **Podravka Dijon mustard**
- ¼ teaspoon **Vegeta Maestro ground black pepper**
- ¼ teaspoon **Vegeta Maestro granulated garlic**
- 2 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 250 ml oil
- **Vegeta Maestra sea salt**



## Ground meat

### Ingredients:

- 2 packets **O'Plant burger mix** (2x238 g)
- 100 g onion
- 50 g carrots
- 1 tablespoon olive oil
- 500 ml **Podravka Passata pureed tomatoes**
- 1 teaspoon **Podravka Basil paste**
- 1 teaspoon **Vegeta Maestro granulated garlic**
- 1 teaspoon **Vegeta Maestro parsley**
- **Vegeta Maestro ground black pepper**
- **Vegeta Maestro sea salt**

## Bolognese

## Lasagna

### Recipe:

For lasagna, make the **Podravka Bechamel sauce** according to the instructions on the packaging, and add in grated zucchini.

Mix ingredients and use in a wide range of recipes!



## Meatballs in vegetables

### Ingredients:

- 2 packets **O'Plant Burger mix** (2x238 g)
- 50 g **Zlato Polje** parboiled long grain rice
- 100 ml **Podravka Passata** pureed tomatoes
- ½ teaspoon **Maestro granulated garlic**
- 1 teaspoon **Vegeta Maestro parsley**
- ½ teaspoon **Vegeta Natur Mediterranean**
- ½ teaspoon **Vegeta Maestro ground black pepper**
- **Vegeta Maestro sea salt**

You can use these meatballs to stuff different vegetables.



## Meatballs in sauce

### Recipe for tomato sauce:

In a deep pot, add in **Podravka Passata** (400 ml), water (100 ml), olive oil (50 ml) and **Vegeta Natur Mediterranean** (1 teaspoon), cook for 5 minutes and season with salt to taste. When the sauce comes to the boil, add in the meatballs (previously cooled) and cook over low heat another 10 minutes.

### Recipe for Dijon mustard sauce:

Mix **Fant Dark sauce** (25 g) with warm water (300 g) and whisk together until the sauce comes to a boil. Add plant-based cream (100 ml) whisked together with **Podravka Smooth flour** (15 g), **Podravka Dijon mustard** (1 teaspoon) and dry white wine (50 ml), and cook for 3 minutes over low heat while stirring constantly. Remove from heat, and stir in slices of cold butter (20 g).

Video recipe



A complete  
meat  
alternative

# Deluxe Cream

This cream with exceptionally well blended ingredients can be enriched with coconut, nuts, coffee, cocoa...

## Coconut squares

## Chocolate fantasy

## Chocolate fantasy

### Recipe:

Mix water (1 L) with **Dolcela Deluxe Cream powder** (400 g) and beat at medium speed for 2 minutes. Add in **Lino Lada Gold** (100 g) and continue mixing at the highest speed for 1 minute. Distribute cream into moulds and place in the freezer. Remove frozen cream and dip into melted chocolate (200 g) containing chopped nuts (100 g).

## Coconut squares

### Recipe:

Make the sponge with the **Dolcela Cake mix**. Add coconut into the base cream

Prepare in advance or at the time of ordering!

Video recipe



## Cream on a cookie base



# Panna cotta

## Recipe:

Boil milk (1 L) and add **Dolcela Panna cotta mix** (220 g), and whisk constantly while cooking 1 – 2 minutes.

For the sauce, place **Podravka sour cherry topping** (300 g) in a pot and add water (100 ml), **Dolcela Vanilla sugar** (1 tablespoon) and cook over low heat until mixture comes to a boil.

One cream so many ways in a just a short time – on the plate, in a glass, or as a dessert.



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[www.podravka.hr!](http://www.podravka.hr!)



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