

COOKING CUISINE

Stock and Protein Powders

07 Sept 2022

1.Vegan Chicken Broth

Serves 15

Equipment

- Mixing bowl
- Grinder or food processor

Ingredients

- 250 gr cups nutritional yeast
- 40gr salt
- 30gr garlic powder
- 30gr onion powder
- 30gr dried basil
- 40gr cup dried oregano
- 40gr cup dried rosemary
- 2 tablespoons pepper



Directions

- Combine all the ingredients in a food processor or blender. Blend until it is a fine powder.
- To make broth: use 1 tablespoon bouillon powder per 300ml

2. Vegetable Stock Powder

Serves 15

Equipment

- As above

Ingredients

1. 300gr tablespoons nutritional yeast
2. 30gr tablespoons sea salt (reduce for low sodium option) teaspoon dried parsley
3. 1 teaspoon onion powder
4. 1 teaspoon garlic powder
5. ½ teaspoon celery seed not celery salt
6. 1 dried bay leaf
7. 1 teaspoon turmeric
8. ¼ teaspoon black pepper optional but recommended

Directions

- Add all the ingredients to a small blender or food processor and blitz until a powder like consistency is reached, approx 20 seconds.
- Store in a clean jar or sealed container in your pantry.
- To make broth, combine 1 teaspoon of soup mix with 1 cup of hot water.

Tip: to intensify the flavour of each of the above broth mixes, add 2 tsp tomato puree to the broth when cooking or use dehydrated tomato paste

Dehydrating tomato paste into tomato powder:

Spread tomato paste from can, jar or tube onto a baking paper lined oven tray and dehydrate in the oven (or use dehydrater if available), for 8-12 hours at 55°C

Turn over after 8 hours

The tomato "leather" is dry when pliable, but not tacky anymore

The tomatoe leather will turn darker the longer it dries. That is normal.

To make tomato powder, dry the leather until it is brittle, then brake up and process into a fine powder in the food processor

3. Protein Powders

Serves 12

Equipment

- Food processor
- Storage jar
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Ingredients

- 2 cups old fashioned organic oats
- 8 Tbsp Hemp seeds
- 2/3 cup pumpkin seeds
raw, but you could use roasted or salted
- 4 Tbsp chia seeds
- 2 1/2 Tbsp cacao powder or vanilla powder
- 1/8 tsp pink salt optional



Directions

Using a food processor:

- Blend the oats and add to a medium mixing bowl.
- Then blend the hemp seeds and add to the bowl.
- Then blend the chia and pumpkin seeds and add to the bowl.
- Whisk in the cacao powder and salt.
- Whisk out any lumps.
- Store in an airtight container.
- Keep refrigerated, or freeze. It will last longer in the freezer.
- Blend into your favorite smoothie. 3 heaping tbsp has approximately 9-10 grams of protein.