



VEGGIE

INSPIRATION

Introduction

In recent years, the number of people who have adopted a diet lower in animal products has seen a strong increase. Flexitarianism, vegetarianism, veganism,... are diets that are increasingly appreciated by consumers for various reasons. Indeed, those diets seem to offer a wide range of advantages: a better respect for animal life, a reduction of the impact of consumption on the environment and, of course, an excellent lifestyle. At Lutosa, we have been aware of this trend for some years and many products in our ranges can be served in these diets.

In this brochure, you will discover the different vegetarian and vegan diets and a series of inspiration recipes made with Lutosa products. Indeed, our product range offers a wide assortment of potato specialties as side dishes to all your Veggie recipes.

Some key figures...



5%
of the world's population is
vegetarian or vegan, meaning
375 million
people



More than
20%
of the European population
call themselves flexitarians



The plant-based meat substitutes
sector generated nearly
€11 billion
worldwide in 2019,
growing at a rate of over
18%
per year.



Overall meat consumption has
been declining by
1%
per year since the 2000s



In Europe, there has been
an increase of
over 25%
of the number of vegetarians in the last
10 years

Sources:

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Carpaccio of tomato, Lutosa Veggie Burger Italian style

Veggie Burger



Ingredients (pp.)

- | | |
|--------------------------|--------------------|
| ✓ 1 Lutosa Veggie Burger | ✓ Sun-dried tomato |
| ✓ 1 tomato | ✓ Olive oil |
| ✓ 1 buffalo mozzarella | ✓ Parsley |
| ✓ 2 king capers | ✓ Garlic |
| ✓ Cream | ✓ Basil |
| ✓ Green pesto | ✓ Salt and pepper |
| ✓ Pine nuts | |

Recipe

For the parsley oil:

- Put in a blender and mix 2dl olive oil, 1 clove of garlic, a handful of parsley and some salt. Leave to infuse for a few hours and then filter the oil.

For the pesto cream:

- Whip the whole cream and mix with 2 large spoons of pesto.
- Bake the Veggie Burger for 15 minutes in a hot air oven at 200°C.
- Cut the tomato into carpaccio and place in the middle of the plate. Season with salt and pepper and a little olive oil.
- Fry the pine nuts and keep them on the side.
- Cut the mozzarella into equal pieces.
- Cut the capers in 2.
- Top the Veggie Burger with some sun-dried tomato, a king caper and a piece of mozzarella.
- Place the burger in the middle of the tomato.
- Spread the remaining mozzarella over the carpaccio of tomato.
- Spread some pine nuts over the plate.
- Spray a few dots of pesto cream on the tomato and the Veggie Burger.
- Top the plate with some pine nuts.
- Finish the plate with some chopped basil leaves.



The different Veggie diets

When we decide to reduce our consumption of animal products, there are several options. "Flexitarianism" is the most flexible diet, as we allow ourselves to eat meat on a few occasions. In the broad version, a "vegetarian" diet is based on an abundance of plants, dairy products and eggs for some, but never meat. Then there is several subtypes of vegetarianism diets: the "pesco-vegetarian" allows once in a while to add this to their dish and the "strict vegetarian" only eats plant products (fruits, vegetables, pulse, nuts, seeds,...). Finally the "veganism" do not authorize any food of animal origin but vegan is also a

lifestyle refusing anything made using animals (clothes, cosmetics, ...)

These diets are very rich in fiber, vitamins and complex carbohydrates. In addition, they offer a wide variety of foods, including often overlooked species. However, it sometimes withholds the risk of deficiencies in iron, omega 3, zinc and selenium. It is therefore necessary to adapt recipes to seek these nutrients in more specific foods such as vegetables, nuts, seeds, etc.

Poached eggs on bed of spinach and Gourmet mash

Ingredients (4p.)

- ✓ 1 clove of garlic
- ✓ 1 shallot
- ✓ 500g spinach
- ✓ 25g pine nuts
- ✓ 4 eggs
- ✓ 1 dash of white wine vinegar
- ✓ 200g Lutosa Gourmet Mash
- ✓ 100g parmesan cheese
- ✓ 20cl full cream

Recipe

- Clean the spinach and remove the stems, wash several times in salted water.
- Peel and chop the garlic and shallot.
- Bring water and a dash of vinegar to the boil.
- Stew the shallot and garlic and add the spinach until it is cooked.
- Toast the pine nuts.
- Grate the parmesan cheese into a plastic bowl. Add the cream and whisk to combine.
- Pour into a saucepan and let melt while stirring. Season with pepper.
- Heat the mash as indicated on the packaging.
- Poach the eggs.
- Dress the plates as follows :
 1. Make a bed of spinach and spread the mash over it.
 2. Cover the spinach with a layer of sauce.
 3. Finish with the pine nuts.
- Finally, place the poached egg on top of the mash.



Gourmet mash



Potato, rich in essential nutrients

The potato is a very nutrient-rich food: rich in essential amino acids, good quality protein and low in sugar. It is rich in starch, a complex carbohydrate, which makes it an excellent source of energy. Even after processing into delicious fries or cut products, the potato retains its vitamin C - an essential vitamin for vegetarians that helps the body better absorb iron from food - vitamin B6 and potassium.

The nutrient content may change depending on the variety of potato you choose. However, the same essential nutrients are still present in each potato.

1.8 g protein

1.8 g fibre

16.7 g carbohydrates

(per 100g of potato)

78 kcal

0 g fat



Gourmet Veggie Dishes

Taking care of your health, the earth and the animals are important elements when choosing what to put on your plate. However, enjoy yourself is also essential. Choosing a meat-free diet is not the same as "only eating salad" or "becoming a seed-eater". No more clichés about vegetarians having to do without all the pleasures of the table! With Lutosa's delicious potato specialties, there is no need to compromise. Roasts, duchesses, shredded specialties, ... there's always something to enjoy.

Mediterranean stew with feta cheese crumble



Rustic Slices 9 mm skin-on

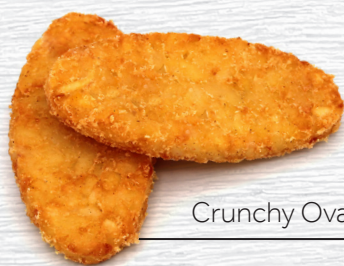
Ingredients

- ✓ 1 clove of garlic
- ✓ 1 red onion
- ✓ 1 courgette
- ✓ 1 aubergine
- ✓ 1 red pepper
- ✓ ½ glass of wine
- ✓ 2 cans of diced tomatoes
- ✓ Herbs de Provence
- ✓ Lutosa Rustic Slices
- ✓ 50g of feta cheese

Recipe

- Chop the onion and garlic and fry in a little olive oil.
- Meanwhile, dice the other vegetables and add them to the garlic and onion.
- Season with salt, pepper and herbs de Provence.
- Deglaze with white wine and add the diced tomatoes. Simmer for 10 minutes.
- Season to taste.
- Place a layer of the Rustic Slices in an oven dish, put a layer of the stir-fried vegetables on top. Place again a layer of Rustic Slices, etc.
- Make sure to finish with a layer of Rustic Slices.
- Crumble the feta cheese and sprinkle over the last layer.
- Finish with a dash of olive oil and a little coarse salt.
- Place in the oven at 180°C for 15 to 20 minutes.





Crunchy Oval Hash Brown

Crunchy Oval Hash Browns with creamy mushrooms

Ingredients (4p.)

- ✓ Lutosa Crunchy Oval Hash Brown (2 pp)
- ✓ 300g mushrooms (preferably different kinds)
- ✓ 150g herb cheese
- ✓ 1 kohlrabi
- ✓ 1 shallot
- ✓ 1 glove of garlic
- ✓ Parsley
- ✓ Salt and pepper
- ✓ Some grilled pine nuts

Recipe

- Heat the fryer to 175°C.
- Clean the mushrooms with a brush, cut into chunks or let the small ones in 1 piece.
- Peel the kohlrabi and cut into small cubes.
- Peel the shallot and the garlic and chop them.
- Stew the shallot and garlic in some olive oil, add the kohlrabi and leave to cook until it becomes crisp.
- Add some more olive oil and stew the mushrooms until they are almost cooked. Season with salt and pepper.
- Keep a few nice mushrooms aside to finish the plate.
- Reduce the heat and add the herb cheese and the cream.
- Fry the Hash Browns for 3:30 minutes until golden brown.
- Chop some parsley and add it to the vegetables.
- Let everything reduce to the desired thickness.
- Top the Hash Browns with the vegetable cheese mix in the center of the plate.
- Finish with the mushrooms and sprinkle some parsley and pines over the plate.

Varied and creative Veggie recipes in restaurants

Dining out in a restaurant is a moment of pleasure cherished by many consumers. Between the delight of the taste buds, the discovery of new flavours and sharing with people you love, restaurants are places you can't afford to miss! However, when you adopt a vegetarian or vegan diet, you may feel apprehensive about going there. There are many reports that vegetarians and vegans are afraid of not finding a dish that matches their diet in the restaurants chosen by their friends and family.

More and more restaurants have understood this and now offer one or more Veggie dishes on their menus. Some even specialize in 100%

vegetarian or vegan cuisine. Chefs use their creativity to propose varied, balanced and richly flavoured recipes that will please their customers. They combine everyday vegetables and fruit with spices and condiments from around the world. Pasta, rice and potatoes also make up a large part of the plate. Lutosa, with its wide variety of potato-based specialties, inspire chefs in the search for and development of these new must-haves! Wedges, noisettes, mashed potatoes, ... there is an ideal side dish for the ideas and wishes of every food professional; from traditional to more exotic, from local to international cuisine.

"1st starred vegan chef in France (...) vegetal is complicated, it's innovative... We were into something completely different but which remains accessible to everyone and which remains cooking. As long as you enjoy it, that's the main thing..."

Claire Vallée*

*95% of Claire Vallée's customers are NOT vegan.

Levantine wok with falafels and Spicy Wedges

Ingredients

- ✓ 3 red peppers
- ✓ 1 zucchini
- ✓ 3 fresh tomatoes
- ✓ 1 spoon of canned corn
- ✓ 1 spoon of chickpeas
- ✓ 1 spoon of red beans
- ✓ 3 falafels per person
- ✓ 100g Lutosa Spicy Wedges per person
- ✓ Garlic powder
- ✓ Smoked paprika
- ✓ Salt & Cayenne pepper

Recipe

- Cut 1 pepper into slices of about 0.5 cm thick and grill them.
- Cut the other peppers into large chunks, Fry them in a wok in a little olive oil.
- Peel the tomatoes, cut them into large pieces and add them in the wok.
- Add the chickpeas, corn and kidney beans.
- Simmer for a while and then add the tomato pieces.
- Simmer again.
- Cut the zucchini as "castle" and fry in a little olive oil, add the falafels halfway through the cooking time.
- Fry the Spicy Wedges at 175°C for 3.30 minutes.
- Season the wok with a little garlic powder, smoked paprika, cayenne pepper and salt.
- Start to arrange the dish as follows :
 1. Form a circle with the roasted pepper rings.
 2. Put the vegetable mix in the middle.
 3. Place the wedges in a circle around the dish and alternate with the zucchini and falafel.

Spicy Wedges

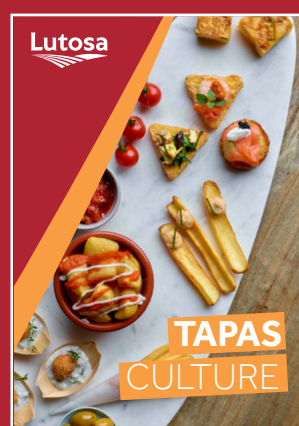




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Discover also our others thematic brochures.



Lutosa

Potatoes to the world

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