

SHORT PASTRY

Flour (fine or semi-refined)	200 g
Maize starch (or potato starch)	100 g
Sugar	120 g
Vegan butter *	150 g
Vegetable "milk"	70 g
VEGG FAST Total	25 g



* instead of Vegan butter it is possible to use vegetable oil. In this case the dosage is:
Oil 120 g; Vegetable "milk" 90 g

How to do:

Dissolve the VEGG FAST Total in the vegetable milk, preferably rice or oats, at room temperature, then add the butter or the oil and mix until dissolving any lumps.

Mix the sifted flour and the starch with the sugar; add it to the liquid

Add some vanilla and knead until get a homogeneous mixture, without insisting too much.

Wrap in plastic film and leave stand for at least one hour in fridge.

Spread with a rolling pin to the desired thickness, form the biscuits and cook at 160-170 ° C for about 15-20 minutes, depending on the size.

Other uses:

The same dough can be used for pies.

Cocoa short pastry

Flour (fine or semi-refined)	150 g
Maize starch (or potato starch)	75 g
Cocoa:	75 g
Sugar	140 g
Vegan butter *	150 g
Vegetable "milk"	70 g
VEGG FAST Total	25 g

Mix and sift cocoa and the flours, and proceed as indicated above

FRESH PASTA

Wheat Flour or Durum wheat flour or mixtures	100 g
Salt	5 g
Vegetable oil	7 g
Water	45 g*
VEGG FAST Total:	15 g**



* The amount of water can vary depending on the type of flour used

** Is it possible to use 7 g of VEGG FAST Red and 7 g of VEGG FAST White

How to do:

Prepare a mixture of water, VEGG FAST Total and oil and add it to the flour by kneading well.

If the dough is too hard, it is possible to add a little more mixture of VEGG FAST Total, water and oil prepared in the proportions indicated.

Other uses:

If you want a very thin dough, for example for tortellini or ravioli, it is possible to increase the VEGG FAST Total up to 20 g and water up to 50 g.

Suggestions:

It is possible to replace the dose of water with 60-65 g of boiled and blended vegetables, such as spinach, pumpkin, beets, onions, carrots, beets or with tomato sauce.

Meringues

Water	100 g
Sugar	185 g
VEGG FAST White	15 g



How to do:

Mix 15 g of VEGG FAST WHITE with 20 g of sugar. Add the mixture to the warm water (about 35 ° C) and start to whip in a mixer.

Continue for about 3 minutes and, when a compact foam is formed, add the remain sugar in 3 doses of 55 g each.

After each addition of sugar, wait 2-3 minutes for it to melt well, always continuing to whisk.

With a sac a poche form the meringues and bake in a static oven with an open valve at 110-115 ° C until cooked.

Indicatively, with meringues of 3 cm it will take about an hour and a half, but check periodically to prevent them from becoming brown.

Suggestions:

It is possible to add vanilla, cinnamon, ginger powder, turmeric etc.

For coffee meringues, replace 35 g of water with coffee prepared with mocha.

For cocoa meringues, increase the dose of VEGG FAST WHITE to 20 g and add 5 g of low-fat bitter cocoa.

For fruit meringues, increase the dose of VEGG FAST WHITE to 20 g and add 10-15 g of fruit syrup, for example cherries, sour cherries, mint, etc.

Vegan sauces Mayonnaise style

Vegetable oil: 100 g
Water 70 g
VEGG FAST Red 12 g
Salt, lemon, vinegar, as you like.



How to do:

Weigh the VEGG FAST Red and the oil directly in a mixing glass and stir until completely dispersed. Then add slightly warm water (about 30 °C), lemon, vinegar and salt.

Blend everything at high speed for about 1 minute, until to get a smooth sauce. Leave to rest in the refrigerator for about half an hour to make it firm.

To get a more compact sauce, add another 5 g of VEGG FAST Red and blend again.

Suggestions:

Replace the water with 150 g of boiled and blended vegetables, such as spinach, chard, pumpkin, beets, onions, peppers or with tomato sauce.

It is possible add seeds like pumpkin, almonds, walnuts, cashew nuts, peanuts, etc. as you like

Custard

Vegetable "milk"	400 g
Sugar	85 g
Refined wheat flour	10 g
Maize starch	20 g
Vegan butter or vegetable oil	15 g
VEGG FAST Red	20 g



How to do:

Mix together the flour, starch, VEGG FAST Red and the sugar.

Add the vegetable milk at room temperature, stirring to avoid the formation of lumps.

Heat in a microwave oven taking care to open periodically, about every 2 minutes to stir. Any lumps will melt immediately.

For the indicated quantities it will take about 10 minutes to 750 W of power

Remove from the oven as soon as the desired density is reached, in any case the temperature must reach 75°C. Mix again and leave cool at room temperature.

Alternatively, it is possible to use a pot and heat slowly and stirring, taking care not to let the mixture stick to the bottom.

Reach 75°C, or better the boiling, then remove from heat and leave cool at room temperature.

To get a more fluid or compact compound, adjust the amount of VEGG FAST Red, decreasing it or increasing it by a few grams, respectively.

Store in fridge at 5°C.

Suggestions:

It is possible substitute vegetable milk with coffee, or use hazelnut or coconut milk for special taste.

For a chocolate cream, just add 25 g of cocoa powder to the flour.

Sponge Cake

VEGG FAST Total	60 g
Water	170 g
Sugar	120 g
Refined wheat flour	60 g
Potato starch	60 g
Vegan butter	10 g
Baking powder	16 g
Salt	2 g



Add vanillin, grated citrus peel.

It is also possible to substitute 30 g of Potato starch with the equivalent of cocoa.

How to do:

Mix the VEGG FAST Total with 60 g of sugar and salt. Add the mixture to the warm water (about 30-35 °C) and mix for at least 3 minutes, add the remaining sugar and continue for another 3 minutes until a compact whipping is obtained. Sift the flour and the starch and add to the mixture slowly, taking care to mix it from the bottom up with a spatula. Then add the baking powder and finally the vegan butter, or margarine, slightly warmed.

Bake at 175 °C in a static oven for about 40 minutes.