

Viande & Co.

NOT JUST FOR VEGANS

COOKBOOK



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Best Vegan Buttah

SERVINGS: 17 TBSP

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

Ingredients

- 1/2 C refined coconut oil
- 1/2 C cashew nuts, soaked in water
- 1/4 C nut milk
- 2 Tbsp olive oil
- 1/2 tsp apple cider vinegar
- 1/2 tsp salt
- 2 smidgens of turmeric

Directions

1. Dump all ingredients into a high power blender and blend until smooth.
2. Measure 1/2 C and pour into container to shape into butter mold.
3. Place in fridge or freezer until solid.

Notes

Recipe makes just over 2 sticks of butter. You may store in the freezer until ready to use.

This butter works well in baked goods, sauces, baked potatoes, popcorn and on bread. Apple cider vinegar is essential here, It has the perfect amount of probiotics to help the butter take on the real flavor of butter.





Easy Vegan Mayo

SERVINGS: 15

PREPPING TIME: 5 - 8 MIN

COOKING TIME: 0 MIN

Ingredients

- 1/4 C Aquafaba
- 1 tsp lemon juice or vinegar
- 1/2 tsp salt
- 1/2 tsp dijon mustard
- 1/2 tsp maple syrup
- 1 C neutral oil



Directions

1. Dump all ingredients into a container that fits immersion blender head.
2. Blend at bottom of container until aquafaba turns white and kind of fluffy.
3. Move blender up and down in oil to quickly emulsify oil until it turns into fluffy and creamy mayo.
4. Refrigerate between use.

Variations are limited only by your imagination. Try adding chipotle, chili oil & lime zest, harissa paste, or sriracha sauce. Take your pick!

Notes

For oil choices, I like to pick a mild, olive oil or avocado oil for this.



Viande&Co Ranch Dressing

SERVINGS: 15

PREPPING TIME: 5 - 8 MIN

COOKING TIME: 0 MIN

Ingredients

- 1/4 C Aquafaba
- 1 tsp lemon juice or vinegar
- 1/2 tsp salt
- 1/2 tsp dijon mustard
- 1/2tsp maple syrup
- 1/4 tsp dried dill
- 1/2 rsp dried thyme
- 1 C neutral oil

Directions

1. Dump all ingredients into a container that fits immersion blender head.
2. Blend at bottom of container until aquafaba turns white and kind of fluffy.
3. Move blender up and down in oil to quickly emulsify oil until it turns into fluffy and creamy mayo.
4. Refrigerate between use.





Viande&Co Garlic Sauce

SERVINGS: 15

PREPPING TIME: 5-8 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 reipe of vegan mayo
- 3-4 T lemon juice
- 2 T dried oregano
- 1 T dried parsley
- 5-6 cloves minced garlic

Directions

1. Stir all ingredients in together. Store in airtight container in the fridge.

This is good for up to two weeks in the fridge but it never lasts that long at our house. We put it on pasta, on bread, on potatoes, we add it to soup, and of course on Viande&Co meat. This is a staple at our house and so easy to make.





Yolk Sain't Laurent

SERVINGS: VARIES

PREPPING TIME: 5-8 MIN

COOKING TIME: 5 MIN

Ingredients

- 2 parts chickpea flour
- 1 part flour
- 3 to 4 parts water
- onion powder to taste
- garlic powder to taste
- salt to taste
- 1 pinch kala namak
- soy sauce +/- to taste

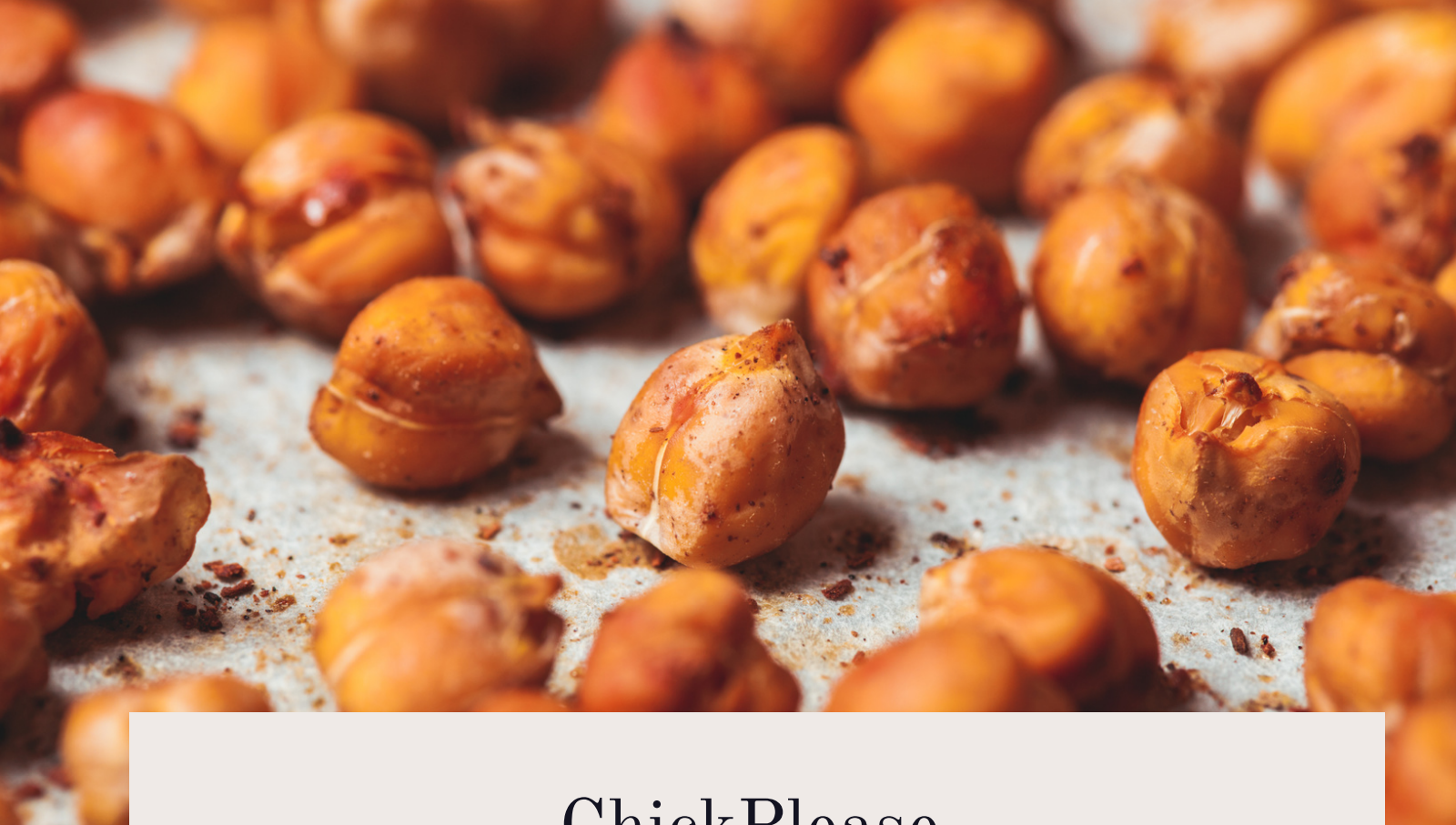
Directions

1. Mix everything together until smooth.
2. Pour into pan and use as regular omelette batter. Batter must be cooked all the way though.
3. Fill with your favorite fillings and enjoy!

Notes

Chickpea batter needs a lot of seasonings to offset its strong after taste.
Use 3 parts water for a thicker batter, but 4 parts water for thinner omelette.





ChickPlease

SERVINGS: 4-6

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- 1 can of chickpeas
- garlic salt
- paprika
- salt



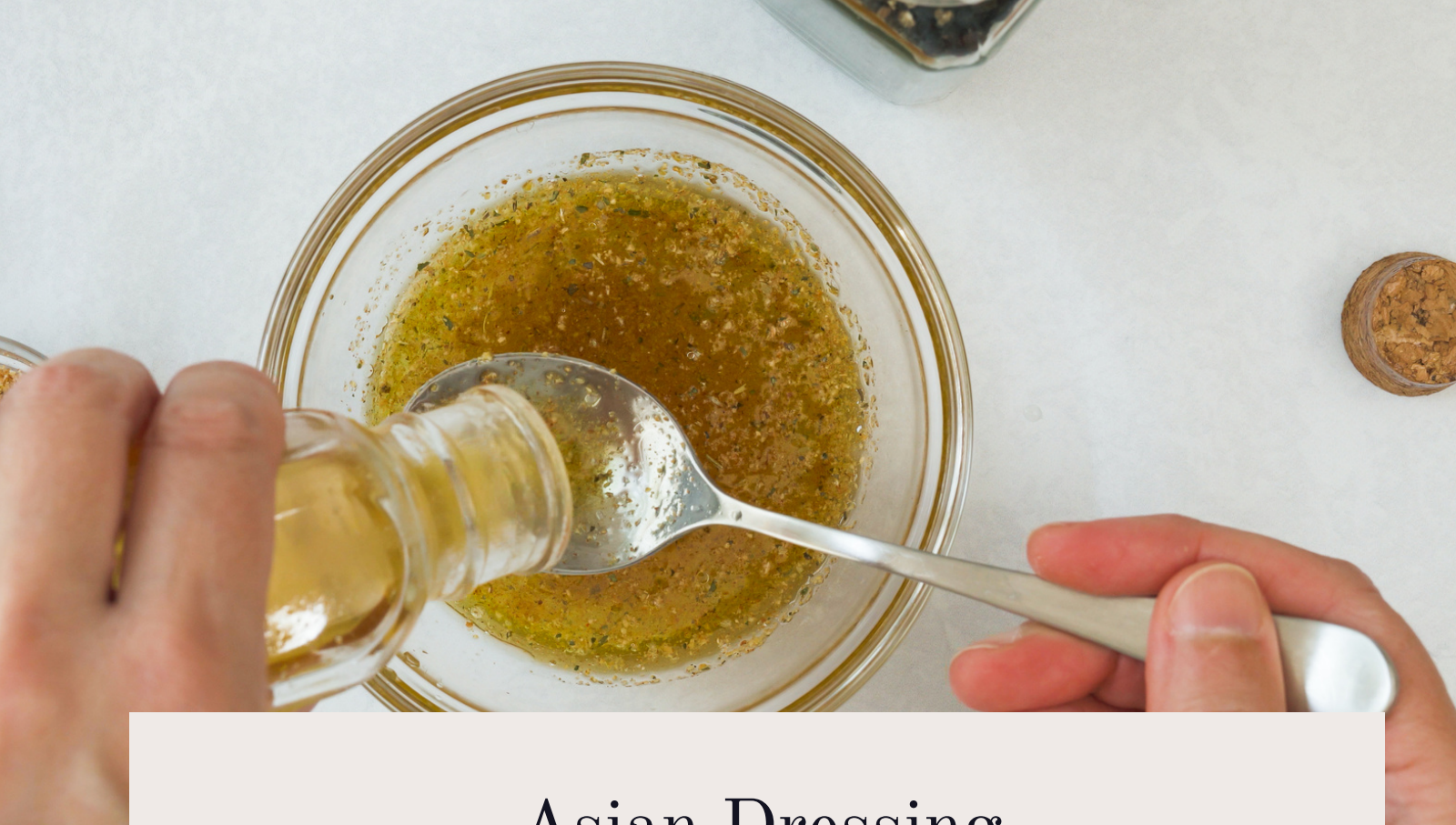
Directions

1. Rinse and drain chickpeas, then put into a mixing bowl.
2. Season with garlic salt and paprika to taste.
3. Fry in pan with oil until mostly cooked.
4. Drizzle with oil and put in air fryer for 1 min and 350°F.
5. Add salt to chickpeas when done.

Notes

You can use smoked paprika for added flavor.

Save the aquafaba and use to make mayo using the recipe found on page 2



Asian Dressing

SERVINGS: 8

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

Ingredients

- 1/4 C neutral oil
- 1/2 tsp sesame oil
- 2 tsp soy sauce
- 1/4 C rice vinegar
- 4 Tbsp lime juice
- 2 Tbsp vegan fish sauce
- 1/4 C sugar
- 1 tsp red pepper flakes
- 1 sprig of green onion, chopped
- 2 Tbsp cilantro, chopped
- 2 tsp minced garlic

Directions

1. Put all ingredients but fresh herbs into container.
2. Blend with immersion blender until everything is combined
3. Add green onion and cilantro.
4. Refrigerate until ready to use.

Notes

Don't be intimidated by the long list of ingredients. It comes together quickly. You may omit sugar and substitute 1/8 tsp of stevia powder.





Chimichurri

SERVINGS: 8

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 bunch flat leaf parsley (Approx 2 C)
- 4 cloves of garlic, minced
- 1 shallot minced
- 1 T dried oregano
- 1 t red pepper flakes
- 2-3 T lemon juice
- 1/2 t maple syrup
- 1/4 C red wine vinegar
- 3 T water
- 1/4 C olive oil
- 1/2 t salt



Directions

1. Finely dice flat leaf parsley
2. Combine all ingredients together in a bowl. Adjust salt and red pepper flakes to taste. Store in airtight container in refrigerator. Can be made ahead but the longer it sits, the vibrancy of the greens are lost; I find that 3-4 hours ahead of serving time is sufficient.

Notes

Some say the authentic Argentinian version does not have cilantro but we love it so much that we add about 1/2 C of cilantro to this.



Philly Cheese Steak

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 5-8 MIN

Ingredients

- 8 oz Lexington Cut, sliced deli thin
- 1 large onion, sliced
- 2 slices vegan cheese
- vegan butter
- vegan mayo
- French baguette

Directions

1. Caramelize the onions.
2. Spread butter on one side and mayo on the other side of baguette. Add cheese on top of one side and toast bread in oven.
3. Season deli slices with your favorite steak seasoning.
4. Take out bread from oven. Add caramelized onions to melted cheese side of bread. Place deli meat on the other side. Combine and serve hot.

Notes

Alternatively, you can add green bell peppers to caramelize with the onions, if you like. For extra nutrient density, add arugula prior to placing meat into sandwich.





Noodle Bowl

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 10 MIN

Ingredients

- red cabbage, julienned
- red & yellow bell peppers, sliced
- shredded carrots
- greens of choice, sautéed or raw
- protein of choice
- rice noodles

Directions

1. Prepare protein of choice. You can use leftovers too.
2. Prep all veggies. Again, you can add leftover veggies.
3. Cook rice noodles as directed on package. Usually 3 min cook time. Drain and submerge in cold water to stop cooking and keep noodles from sticking together.
4. Drain cooled noodles. And put in large serving bowl. Top with veggies, protein and toppings of choice.
5. Just before serving, top with dressing. Toss to coat evenly.





Green Glory Salad

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 0 MIN

Ingredients

Salad

- 1 small head green cabbage
- 1 large cucumber, seeded
- 1 bunch green onions
- 2 lemons, juiced
- 1/4 C nuts
- 1/3 C nutritional yeast

Dressing

- 1 C basil
- 1 C spinach
- 4 cloves garlic
- 1 shallot, diced fine
- 1 tsp salt
- 1/4 C olive oil
- 1 Tbsp rice vinegar

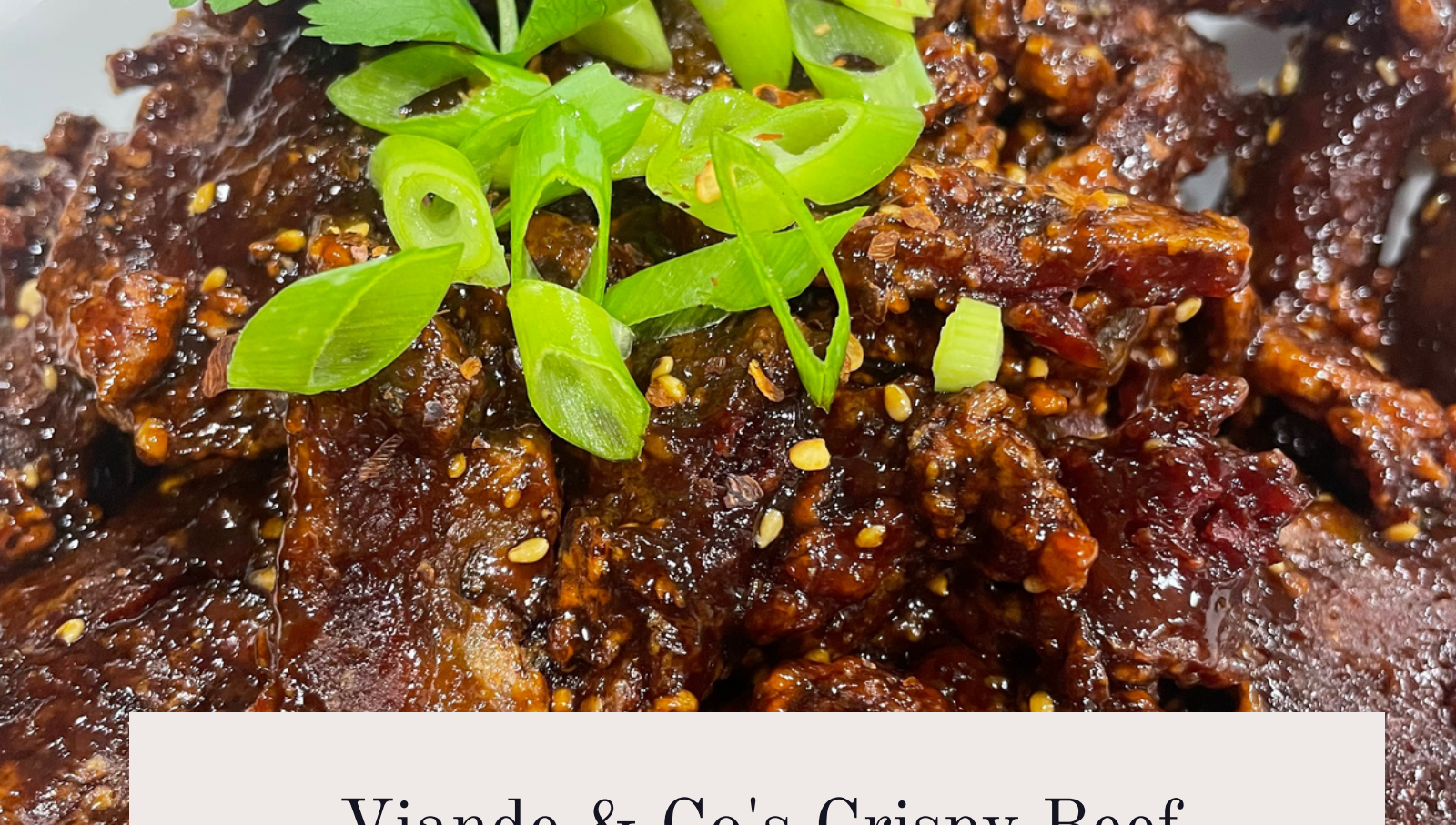
Directions

1. Chop all ingredients for salad into small pieces.
2. Put all ingredients for dressing into blender and blend until smooth
3. Pour dressing over salad and mix.
4. Serve as a salad or as a dip for chips.

Notes

Make sure to chop cabbage into small pieces. You can make the dressing ahead of time and just add before serving.





Viande & Co's Crispy Beef

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

Ingredients

- 8 oz Lexington Cut, thinly sliced
- Marinade: (slurry of 1 Tbsp rice vinegar, 1 Tbsp sugar, 2 cloves minced garlic, 2 Tbsp soy sauce, 1 tsp freshly ground Sichuan peppercorns)
- 1/3 C potato starch
- 2/3 to 3/4 C cornstarch
- neutral oil for frying

Directions

1. Make marinade slurry. Pour over beef, fold in gently to coat.
2. Sprinkle potato starch and cornstarch over marinated beef.
3. Shallow fry beef in wok with a neutral oil.
4. Use slotted spoon to remove from oil and place on paper towel-lined bowl to absorb excess oil.

Directions

Make a sweet sauce to go over the top with (3 Tbsp soy sauce, 2 Tbsp rice vinegar, 2 Tbsp sugar, 1 Tbsp minced garlic, 1 Tbsp cornstarch, 2/3 C water) combine in small saucepan over medium heat till it starts to thicken.





Kung Pao Chickpeas

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 3 C cooked chickpeas
- 1 t minced ginger
- 2 garlic cloves minced
- 1 T rice vinegar
- 3 T soy sauce
- 2 T sugar
- 3 T water
- 1/2 T cornstarch
- 2 t chili garlic sauce (adjust to taste)
- Cubed bell peppers
- sliced scallions for garnish
- peanuts for garnish



Directions

1. Add first five ingredients together in wok on medium heat. Allow flavors to marry for about 15 minutes
2. Make slurry of water a slurry of the water & cornstarch. Add to pan. Stir and lower heat slightly. Sauce will start to thicken.
3. Add bell peppers and peanuts and stir to coat in sauce.
4. Remove from heat and serve with scallion garnish. .

Notes

You can also cook this in an Instant pot. If using dried chickpeas, pressure cook on high for 30 minutes for step 1, If using cooked chickpease, only use same setting for 10 minutes.



Cauliflower Taco Meat

SERVINGS: 6

PREPPING TIME: 5 - 8 MIN

COOKING TIME: 30 MIN

Ingredients

- 3 C cauliflower florets
- 2 C walnuts
- 2 C cooked lentils
- 2 chipotles in adobo sauce
- 1 Tbsp taco seasonings
- 1/2 tsp onion powder
- 1/2 tsp garlic powder

Directions

1. Preheat oven to 375°F. Pulse all ingredients in a food processor until evenly ground.
2. Sprinkle on seasonings onto cauliflower meat. Mix well.
3. Transfer to greased baking sheet and bake for 30 min, stir halfway for even cooking.

Use in tacos, burritos, enchiladas, bowls and the like. You may store in a sealed container in the fridge for use during the week or in the freezer.





Viande & Co's Carpaccio

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

Ingredients

- 12 oz sliced Viande & Co meat
- vegan parmesan
- bread
- lemon juice
- minced shallots
- capers
- sliced olives
- olive oil
- arugula

Directions

1. Add minced shallots to lemon juice.
2. Arrange meat slices on platter. Top with arugula, capers, olives and vegan cheese. Drizzle lemon juice mixture from step 1 on top of all that.
3. Drizzle with fine olive oil and sprinkle with pinch of salt.
4. Eat on toasted bread.





Rosee's Scones

SERVINGS:6

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 3 C almond flour
- 2 Tbsp coconut flour
- 1 Tbsp baking powder
- 1/2 tsp stevia powder
- 1/2 C full fat canned coconut milk
- 1/4 C almond milk
- 1 Tbsp lemon juice
- 1/2 tsp almond extract
- 2 tsp vanilla
- 3 heaping Tbsp mini chocolate chips (optional)

Directions

- 1.Mix together dry ingredients.
- 2.Mix together wet ingredients.
- 3.Add wet ingredients to dry ingredients.
- 4.Form into disk, about 1 to 1.25" thick. Score into wedges.
- 5.Place scones onto parchment or silicone lined baking sheet.
- 6.Bake at 375°F for 20 min.





Best Vegan Chocolate Chip Cookies

SERVINGS: 6 - 8

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

- 1/2 C vegan butter
- 1/2 C brown sugar
- 1/4 C granulated sugar
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp pink salt
- 1 tsp vanilla extract
- 3 Tbsp aquafaba
- 1 1/4 C flour
- 1 - 1 1/2 C chocolate chips

Directions

1. Cream together room temp butter and sugars until smooth.
2. Add aquafaba to butter mixture.
3. In a separate bowl, whisk together dry ingredients.
4. Combine dry mixture to mixing bowl containing all ingredients in step 2.
5. Fold in chocolate chips.
6. Bake at 350°F on parchment or silicone lined cookie sheets for 10-12 minutes depending on preferred doneness.





Vegan Pear Almond Tart

SERVINGS: 6 - 8

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

Crust

- 4 Tbsp refined coconut oil
- 5 Tbsp maple syrup
- 2 tsp salt
- 4 C almond flour

Filling

- 12 Tbsp vegan butter, softened
- 1 1/3 C almond milk
- 1 1/3 C sugar
- 4 Tbsp cornstarch
- pinch of salt
- 1/4 tsp almond extract
- 4-5 pears, thinly sliced

Directions

1. With pastry cutter or conversely in food processor, pulse together all ingredients for tart crust. Press crumbly mixture compactly into greased tart pan. Pre-bake at 350°F for 10-15 min till done but not golden.
2. Combine all filling ingredients EXCEPT pears, into high powered blender or food processor. You may have excess filling depending on size of tart. Pour into prefaced tart.
3. Place thinly sliced pears onto filling gently, overlapping partially each slice.
4. Bake at 350°F until golden and filling is puffed up slightly around pears. About 40-50 minutes. Let cool before serving.



meat without the moo

Animal meat is a well established favorite across cultures and countries. For the longest time it was thought that it was necessary for our health and good for us. With today's massive scaled cattle farms and slaughter houses' methodology coming into question and with recent studies showing the inflammatory effects of animal based food products, people are leaning, at the very least, more and more to the idea that maybe cutting down on meat consumption might be a good idea.

Maybe your doctor has already suggested it. Maybe your loved ones and friends are encouraging the meatless move. Maybe you don't want to give up meat and even if you did, you cannot fathom how.

Viande&Co exists to make that a real sustainable and delicious possibility. Maybe eating our plant based meat once in a while might open up the possibilities of including more meatless meals into your weekly repertoire.



“The only time to eat diet food is while you're waiting for the steak to cook.”

JULIA CHILD



plant based with all the versatility

OF ANIMAL BASED MEAT YOU GREW UP WITH

Born out of the need for a mother to give her kids plant based versions of nostalgic family favorites, struggling to find the versatility of beef and tired of burger, burger, nugget, nugget, Viande&Co is an idea whose time has come.

Ma viande est de faire la volonté de celui qui m'a envoyé, et d'accomplir son oeuvre. Jean 4:34