

## Experimental setup: Basic recipe for a vegetarian meat replacement dish Preparation

The basic recipe for this dish is a mix of seasonings: "7-Spice" (Fr. Raps), powdered garlic, powdered onion, cilantro, turmeric, powdered pineapple, powdered tomatoes and salt.

### Sensory factors:

- Good firmness to the bite (similar to falafel)
- Sandy mouth feel, good crust

In terms of taste, a pleasing piquancy and tartness can be identified. No bitter substances are released through the Maillard reaction. The earthy taste of the hemp protein can therefore be incorporated optimally in the mix of seasonings and harmonizes with the product.

### Coating combinations

- Coating: Water/whole egg/chickpea stock
- Breading: Sesame/panko/breadcrumbs

Water is absorbed by the product after a short time. The whole egg demonstrates good adherence and stabilizes the crust during frying. The chickpea broth also helps to produce a good result.

The breadcrumbs enhance the crumbly mouth feel. Panko, on the other hand, improves the mouth feel. Sesame has a positive impact on the taste, but does not cover the product sufficiently.

### Summary

A combination of chickpea stock and a 5/3 mixture of panko and sesame was the most convincing.

Whether it's as a meat replacement or for vegetable patties and cutlets, etc. - psyllium and hemp proteins are very well suited for use in vegetarian and vegan products.

