

BATCH COOKING

PLANT-BASED MEATS



INTRODUCTION

THE PROBLEM WITH PLANT-BASED MEATS

When I switched to a plant-based diet, one of the things I missed most was the taste of meat. I soon discovered some options at the supermarket that tasted just as good... However, they were outrageously expensive. On top of that, the recipes I found online were too complicated and time-consuming. So I thought... What if there was a way to make plant-based meats at home, using cheap and simple ingredients, in a short amount of time?

There is: After 10 years of being vegan and experimenting countless times in the kitchen, I found a solution: The batch cooking of plant-based meats.



INTRODUCTION

THE PROBLEM WITH PLANT-BASED MEATS

This is not just a recipe book.

It is a fully organized, optimized and easy-to-follow system, in which, in just a few hours, you will be able to cook enough different plant-based meats to eat for 2 weeks.

In this book you will find:

- Step-by-step guide to cooking all the plant-based meat recipes at the same time in a few hours.
- Shopping list for batch cooking.
- Individual plant-based meat recipes





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SUMMARY

BATCH COOKING

In this batch cooking guide we will make the following plant-based meats:

Chicken



Sausages



Steaks



Ground Meat



Meatballs



Nuggets



UTENSILS

BEFORE YOU START...

To do this batch cooking it is essential to have:

Appliances

- 2+ burner stove
(induction or gas)
- Oven
- Refrigerator
- Freezer
- Food processor/blender

Containers

- Large saucepan
- Large pot
- Baking tray
- Airtight containers

Utensils

- Small and large bowls
- Kitchen scale
- Cutting knives
- Cutting board
- Spoons and teaspoons
- Spatulas
- Oven mitts
- Glasses
- Plastic wrap/parchment paper
- Baking paper
- Aluminum foil

It is important that, before starting, you have the kitchen clean and ready to cook with all utensils available and well organized. In the next section I will tell you how.

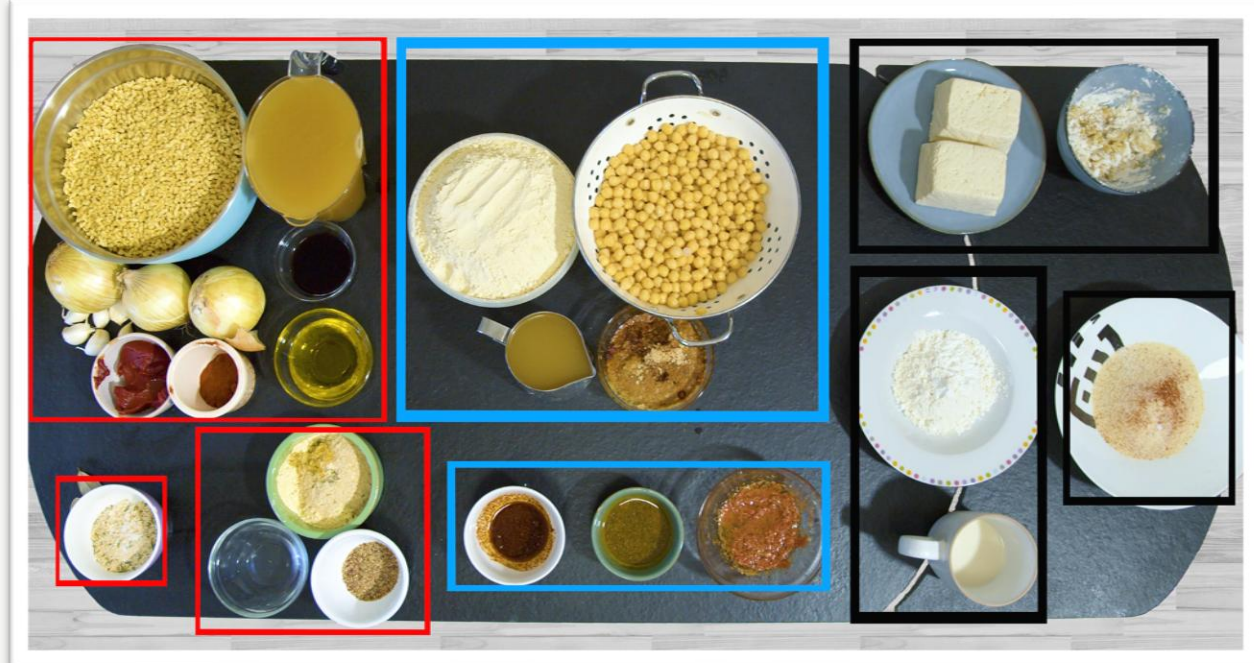
THE GUIDE

01-ORGANIZATION

Before we start cooking, it is essential to take out and organize all the ingredients.

We will divide them into 3 groups which will be explained on the following pages:

- 1** Soy-based recipes
- 2** Seitan recipes
- 3** Tofu recipe



THE GUIDE

01-ORGANIZATION

1

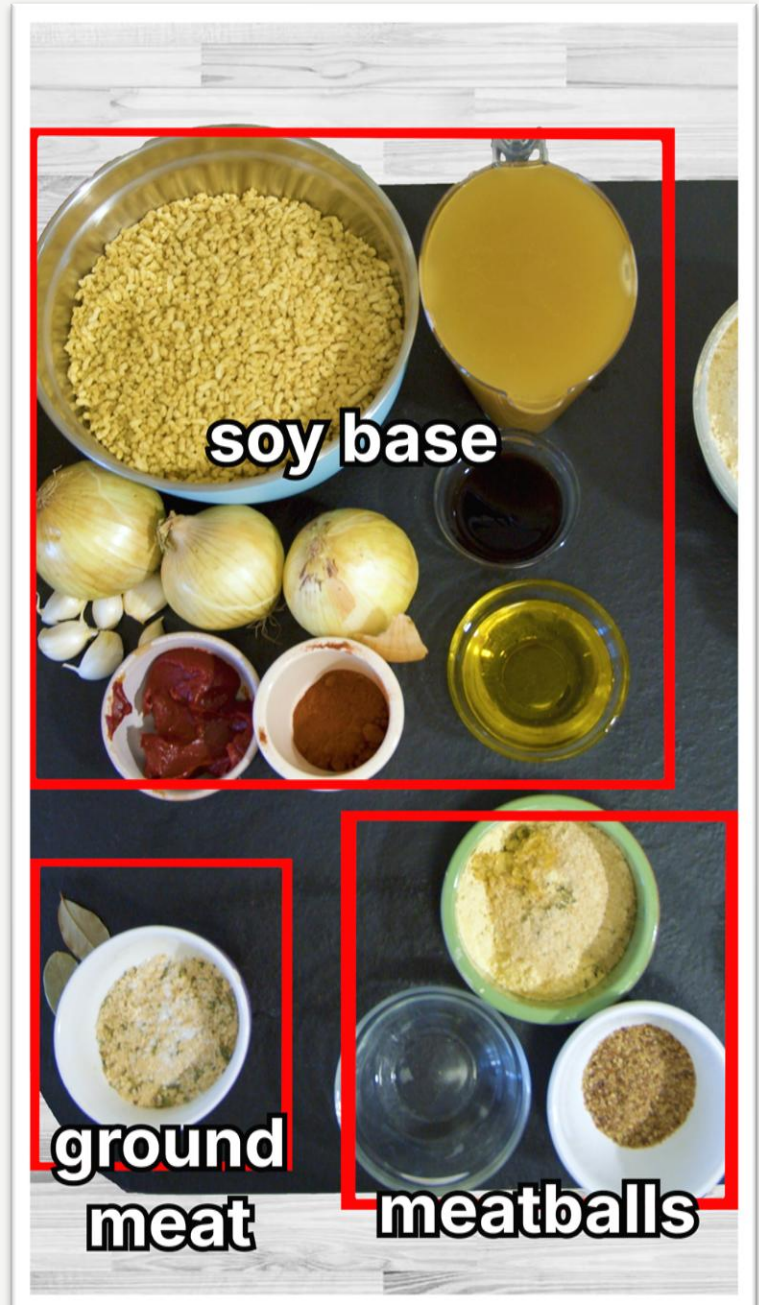
SOY BASE

INGREDIENTS

- 550 g fine textured soy
- 1,000 ml hot vegetable broth
- 4 tbsp soy sauce
- 3 large onions
- 6 garlic cloves
- 6 tbsp olive oil
- 3 tbsp tomato paste

In the same bowl:

- 3 tsp smoked paprika
- Salt to taste
- Pepper to taste



THE GUIDE

01-ORGANIZATION

1

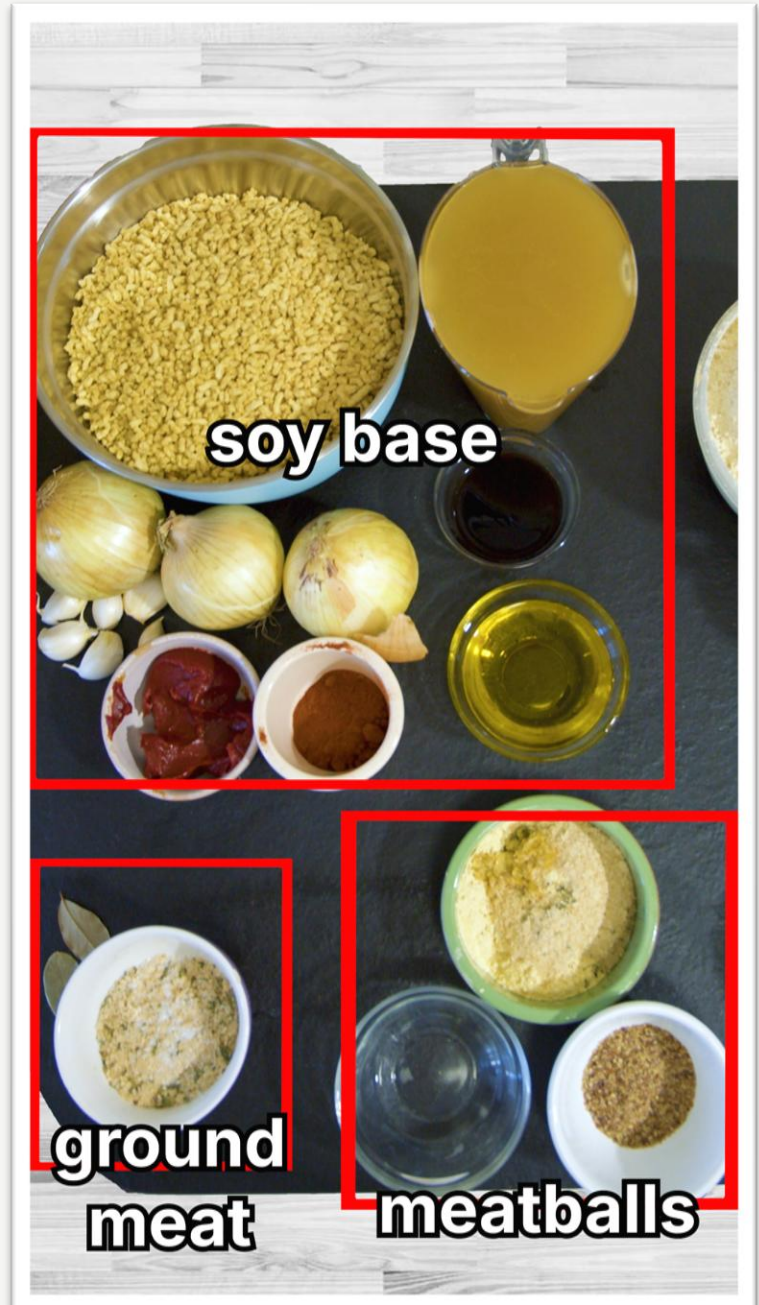
GROUND MEAT

INGREDIENTS

- 2 bay leaves

In the same bowl:

- 2 tbsp oregano
- 1 tsp cumin
- 1 tsp garlic powder
- 3 tbsp nutritional yeast
- Salt to taste
- Pepper to taste



THE GUIDE

01-ORGANIZATION

1

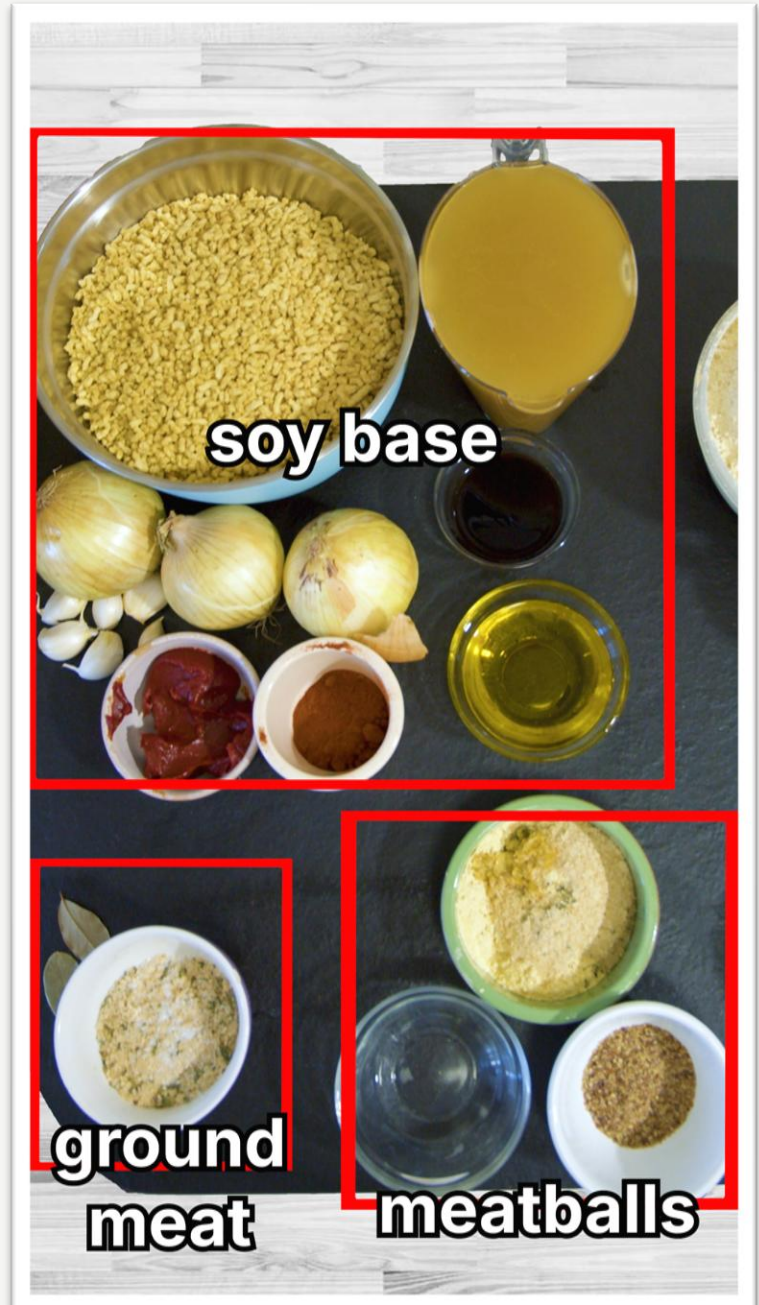
MEATBALLS

INGREDIENTS

- 1 tbsp ground flax seeds
- 3 tbsp de agua

In the same bowl:

- 3 tbsp bread crumbs
- 2 tbsp chickpea flour
- 1 tsp oregano
- 1 tsp mustard
- 3 tbsp nutritional yeast
- Pepper to taste



THE GUIDE

01-ORGANIZATION

2

SEITAN BASE

INGREDIENTS

- 900 g vital wheat gluten
- 720 g cooked chickpeas
- 600 ml vegetable broth

In the same bowl:

- 6 tbsp soy sauce
- 3 tbsp olive oil
- 3 tbsp tomato paste
- 3 tsp paprika
- 2 tsp garlic powder
- 2 tsp onion powder
- 3 tbsp nutritional yeast
- Pepper to taste



THE GUIDE

01-ORGANIZATION

2

3 SAUCES

INGREDIENTS

For the sausages:

- 2 tbsp soy sauce
- 1 tsp paprika
- ½ tsp cumin
- 1 tbsp olive oil

For the chicken:

- 2 tbsp soy sauce
- 1 tsp olive oil
- ½ tsp turmeric
- 1 tsp lemon juice

For the steaks:

- 3 tsp tomato paste
- 3 tbsp. nutritional yeast
- 1 tbsp water
- 2 tsp dried thyme
- 2 tsp black pepper
- 3 tbsp. olive oil



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01-ORGANIZATION

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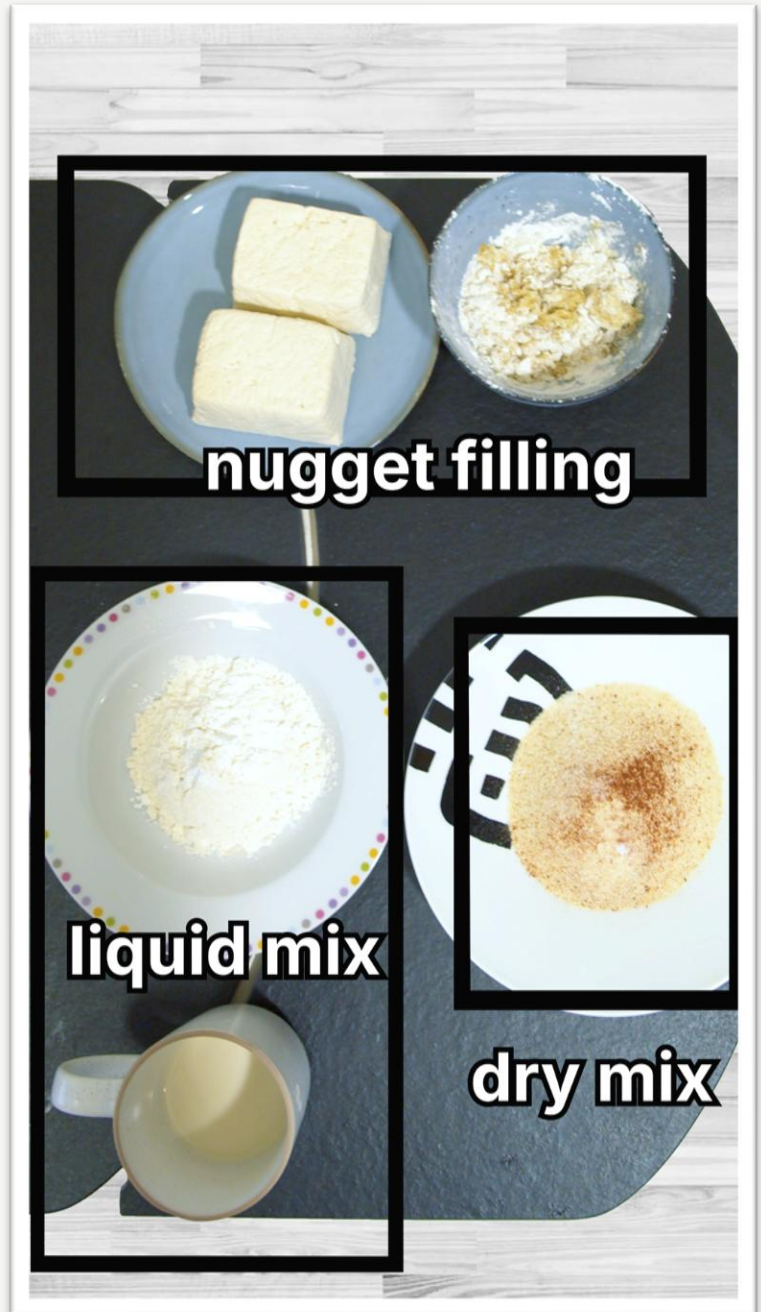
NUGGET FILLING

INGREDIENTS

- 400 g firm tofu

In the same bowl:

- 2 tbsp wheat flour
- 2 tbsp cornstarch
- 1 tbsp nutritional yeast
- 1 tsp salt
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp white pepper
- 1 tbsp olive oil
- 2 tbsp unsweetened plant milk



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01-ORGANIZATION

3

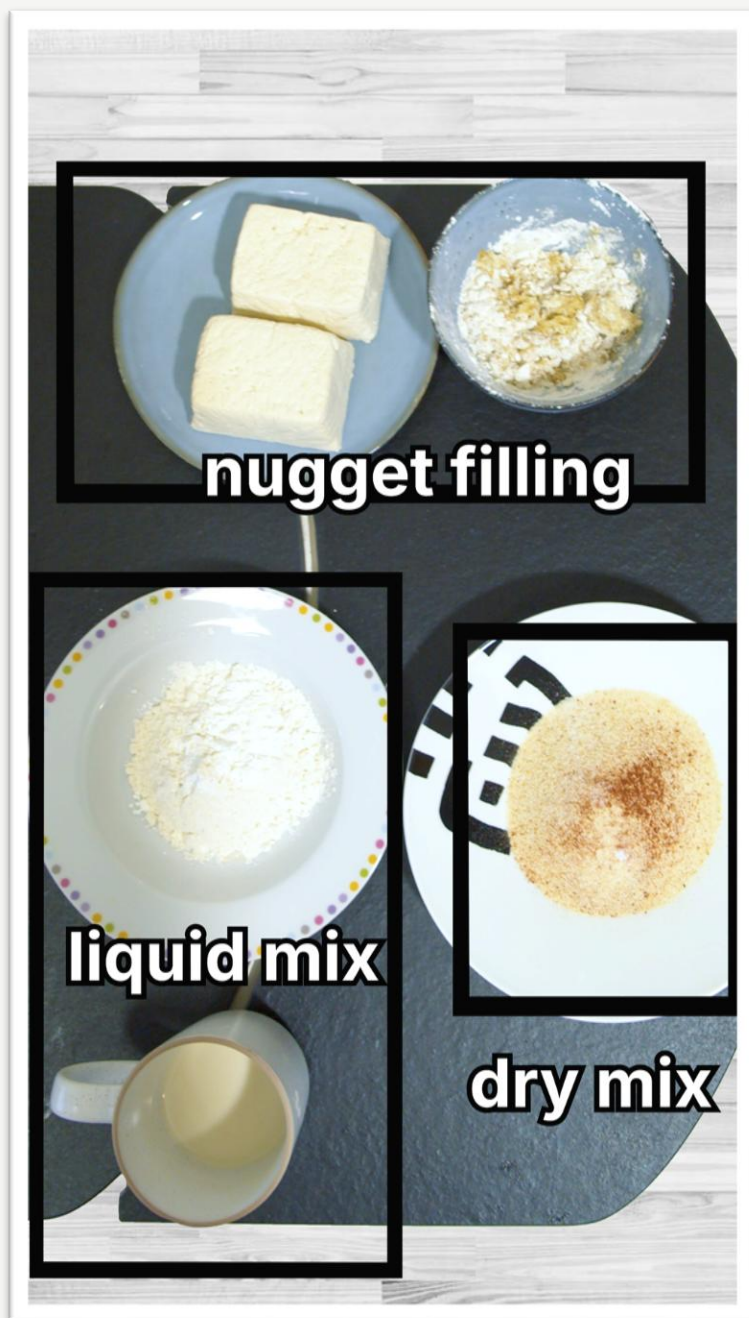
LIQUID MIX

INGREDIENTS

- 200 ml unsweetened plant milk

In the same bowl:

- 100 g flour
- 2 tsp cornstarch
- “Kala namak” black salt (optional)



THE GUIDE

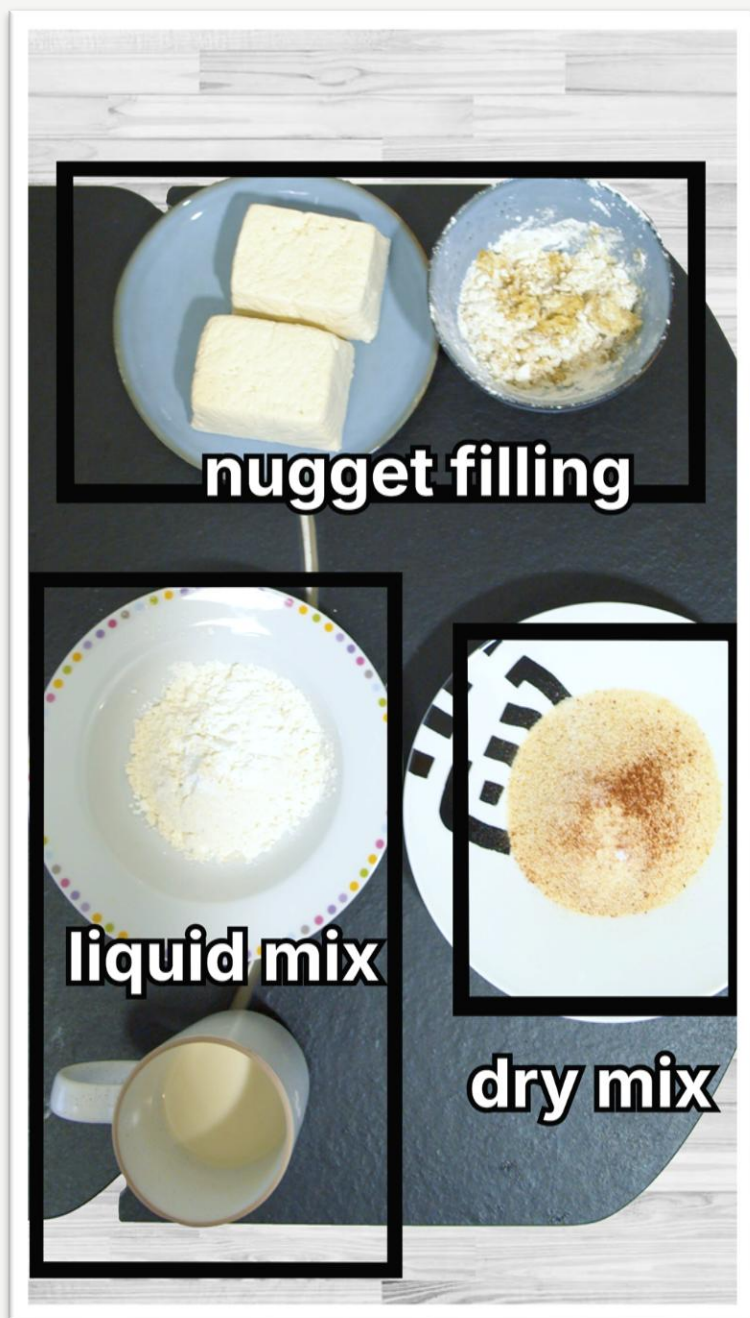
01-ORGANIZATION

3

DRY MIX

INGREDIENTS

- 200 g breadcrumbs
- 1 tsp sweet paprika
- 1 tsp sal



THE GUIDE

01-ORGANIZATION

Finally, make sure you have available:

- A pot full of water to cook the seitan
- A large saucepan for the soy
- Food processor/blender and knife.



Note: It is recommended that, if you know what size you will make the sausages, prepare 12 pieces of parchment paper and aluminum foil to wrap them in for cooking later.

THE GUIDE

02-COOKING

Step 01

Seitan takes the most time

1

Heat the vegetable broth for the soy base for 2 minutes and then pour it over the soy to hydrate it.

2

Put the seitan base ingredients (except the vital wheat gluten) into the food processor. Blend until you have a smooth mixture.

THE GUIDE

02-COOKING

Step 01

3

On a surface, place the vital wheat gluten, forming a well in the center, and pour the blended mixture into the middle.



THE GUIDE

02-COOKING

Step 01

4

Knead for a maximum of 5 minutes until you have a fibrous dough. Divide it into 3 equal parts.



THE GUIDE

02-COOKING

Step 01

5

Make 12 sausages with one of the portions, and wrap each sausage in parchment paper and aluminum foil. If your stove takes a long time to heat the large pot of water for the seitan, put it on to heat now. If not, put it on after shaping the seitan.



THE GUIDE

02-COOKING

Step 01

6

With another portion of the dough, shape 8 steaks as thin as you can, pressing them well with your hands.



THE GUIDE

02-COOKING

Step 01

7

With the last portion, divide it in two, and with each half make braids and knots as you would with regular seitan. Place the seitan in the boiling water. Put the two large seitan blocks at the very bottom, then the sausages, and then the steaks. Leave for 1 hour on medium heat.



THE GUIDE

02-COOKING

Step 02

We take the time to do the rest

1

Mix the flaxseeds for the meatballs with the water. Heat the oil for the soy in a pan.



2

Clean the food processor and add the 3 onions and 6 garlic cloves for the soy base. Put them in the pan with salt and pepper.

THE GUIDE

02-COOKING

Step 02

3

Clean the food processor. Press the tofu with your hands to remove the water. Blend both blocks until crumbled. Place in a deep bowl and mix with the rest of the Nugget filling ingredients. (keep an eye on the pan).



THE GUIDE

02-COOKING

Step 02

4

Once the onion and garlic are golden, add the tomato paste, soy sauce and textured soy to the pan, stir and cook for 8 minutes with the lid on over low-medium heat.



THE GUIDE

02-COOKING

Step 03

You need to multitask.

1

While the soy cooks for 8 minutes, shape Nuggets with the tofu mixture. They should be as compact as possible and not too large. It should make about 20 Nuggets.



THE GUIDE

02-COOKING

Step 03

2

When 8 minutes have passed since you started cooking the soy, add the paprika, pepper and salt, stir, and leave for 2 minutes. Meanwhile, finish making the Nuggets and place them in the fridge separated from each other for 30 minutes.



THE GUIDE

02-COOKING

Step 04

Let's focus on the soy

1

Take 1/3 of the soy and set it aside in a container and let it cool.

2

To the pan, add the bay leaf, oregano, cumin, garlic powder and more pepper, and the nutritional yeast. Mix and cook 5 minutes over medium heat.

THE GUIDE

02-COOKING

Step 04

3

Remove the ground meat from the pan and place it in a container. It's done. Flip the seitan steaks that are floating (seitan should be about halfway through cooking by now).



THE GUIDE

02-COOKING

Step 04

4

Take the third of soy you set aside. Clean the food processor and blend the soy until you have a fine mixture (not a paste). Mix in a bowl the flaxseed with the soy, breadcrumbs, flour, oregano and mustard and let it rest in the fridge for 1 hour.



THE GUIDE

02-COOKING

Step 05

Clean the kitchen while you wait

1

After 20 minutes, make the liquid and dry Nugget coating. Coat each one in the liquid mix and then the dry mix. If you are going to fry them, do a double coating. Remove the seitan from the pot.



THE GUIDE

02-COOKING

Step 06

The last step.

1

Take the thick seitan blocks and shred them with a fork and your hands so they become chicken-strip style.



THE GUIDE

02-COOKING

Step 06

2

Brush each mixture with its corresponding sauce so it is well coated on all sides, and store in the fridge or freezer. The seitan is now ready.



THE GUIDE

02-COOKING

Paso 06

3

Take the meatball mixture from the fridge and shape 30 meatballs with your hands. Place on a baking tray and bake for 20 minutes until golden at 200 °C (400 °F) Store in the fridge or freezer. We're done!



SHOPPING LIST

FOR BATCH COOKING WITH EXACT QUANTITIES

Proteins and bases

- ☐ Fine textured Soy: 550 g
- ☐ Vital wheat gluten: 900 g
- ☐ Cooked chickpeas: 720 g
- ☐ Firm Tofu: 400 g

Liquids

- ☐ Vegetable broth: 1.670 ml
- ☐ Olive oil: 240 ml
- ☐ Soy sauce: 9–10 tbsp
- ☐ Tomato paste: 6 tbsp
- ☐ Juice of ½ lemon

Vegetables and aromatics

- ☐ Large white onions: 3
- ☐ Garlic: 6 cloves
- ☐ Bay leaves: 2

Spices and condiments

- ☐ Hot paprika: 5 tsp
- ☐ Sweet paprika: ½ tsp
- ☐ Dried oregano: 3 tsp
- ☐ Cumin: 1.5 tsp
- ☐ Garlic powder: 2 tsp
- ☐ Onion powder: 1 tsp
- ☐ Black pepper: To taste
- ☐ White pepper: 1 tsp
- ☐ Dried thyme or rosemary: ½ tsp
- ☐ Turmeric: ½ tsp

Other dry ingredients

- ☐ Bread crumbs: 145 g
- ☐ Chickpea flour: 16 g
- ☐ Wheat flour: 32 g
- ☐ Cornstarch: 24 g
- ☐ Ground flax seeds: 10 g
- ☐ Nutritional yeast: 70 g



THE RECIPES



SOY BASE

This recipe is very versatile! This textured soy base will serve to make ground meat and meatballs. You can also use it for any other recipes you come up with.

- | | |
|---------------|-----------------------|
| • Time: 25' | • Fridge: 4-5 days |
| • Servings: 6 | • Freezer: 2-3 months |

SOY BASE

INGREDIENTS

- 550 g fine textured soy
- 1,000 ml hot vegetable broth
- 4 tbsp soy sauce
- 3 large onions
- 6 garlic cloves
- 6 tbsp olive oil
- 3 tbsp tomato paste
- 3 tsp smoked paprika
- Salt to taste
- Pepper to taste

PREPARATION

1. Hydrate the soy in the hot broth for 10 minutes. Then drain it very well until no water remains.
2. Sauté the finely chopped onion and garlic in the pan with oil for 7 minutes over medium heat until golden, with salt.
3. Add the tomato paste, mix it in, and add the drained soy and soy sauce. Cook for 8 minutes over medium-high heat until the soy is lightly toasted.
4. Add the paprika, pepper and adjust the salt.





GROUND MEAT

You can serve it with french fries, mashed potatoes, or in a sandwich with vegan mayo. Either way, it's delicious!

- | | |
|---------------|-----------------------|
| • Time: 30' | • Fridge: 4-5 days |
| • Servings: 6 | • Freezer: 2-3 months |



GROUND MEAT

INGREDIENTS

- 2/3 of soy base (from the previous recipe)
- 2 bay leaves
- 2 tsp oregano
- 1 tsp cumin
- 1 tsp garlic powder
- 3 tbsp nutritional yeast
- Salt to taste
- Pepper to taste

PREPARATION

1. We place the soy base in a pan and add the bay leaf, oregano, cumin, garlic powder and more pepper, and the nutritional yeast. Mix and cook 5 minutes over medium-high heat.

TIP: If you want a greasier ground meat, add a drizzle of oil at the end. For a more intense flavor, add paprika... but don't overdo it!



MEATBALLS

These meatballs are to die for! I usually use them to make a big hearty sandwich, or as a protein with some potatoes or rice on the side.

- | | |
|----------------|---------------------|
| • Time: 1h 30' | • Fridge: 4 days |
| • Servings: 6 | • Freezer: 3 months |



MEATBALLS

INGREDIENTS

- 1/3 of soy base (see recipe)
- 3 tbsp breadcrumbs
- 1 tbsp ground flax seeds
- 3 tbsp water
- 2 tbsp chickpea flour
- 1 tsp oregano
- 1 tsp de mostaza
- 1 tbsp oil, for frying
- 1 tbsp nutritional yeast
- Pepper to taste

PREPARATION

1. Follow the steps of the soy base recipe. While it cools, mix the ground flaxseeds with the water and let it rest for 10 minutes. This is the binder.
2. Take the soy base and blend gradually until you have a meatball texture. By hand, mix in the flaxseed-water mixture, breadcrumbs, flour, oregano and mustard, and let it rest in the fridge for 1 hour.
3. Shape the meatballs and bake in the oven at 200°C (400 °F) for 20 minutes.

TIP: After baking them, add some tomato sauce on top and let them cook over low heat in the pan.



SEITAN BASE

With this base you can make the sausages, the “chicken” or the steaks. If you only want to make seitan, check out the chicken recipe!

- | | |
|---------------|---------------------|
| • Time: 15' | • Fridge: 6 days |
| • Servings: 3 | • Freezer: 3 months |

SEITAN BASE

INGREDIENTS

- 900 g vital wheat gluten
- 720 g cooked chickpeas
- 6 tbsp soy sauce
- 3 tbsp olive oil
- 3 tbsp tomato paste
- 3 tsp smoked paprika
- 2 tsp garlic powder
- 2 tsp onion powder
- 600 ml vegetable broth
- 3 tbsp nutritional yeast
- Pepper to taste

PREPARATION

1. Blend the chickpeas with the soy sauce, oil, tomato paste, all the spices and the broth.
2. In a large bowl, add the vital wheat gluten and the blended mixture, and mix until combined, 3 to 4 minutes, until you have an elastic and fibrous texture.

TIP: If you want to finish making the seitan, just tie knots with the dough and cook for 30 minutes, as in the “chicken” recipe.





SAUSAGES

Don't let anyone tell you that you can't have a good sausage! These sausages are made with seitan, but with a trick so they don't turn out rubbery. (Don't tell anyone!)

- | | |
|---------------|---------------------|
| • Time: 50' | • Fridge: 5 days |
| • Servings: 3 | • Freezer: 3 months |



SAUSAGES

INGREDIENTS

- 1/3 seitan base
- 2 tbsp soy sauce
- 1 tsp smoked paprika
- ½ tsp cumin (optional chorizo style)
- 1 tbsp olive oil

PREPARATION

1. Take the seitan base and shape into sausage cylinders, wrap them in plastic wrap or parchment paper, closing the ends tightly and then in aluminum foil, and steam for 40 minutes.
2. Mix the remaining ingredients in a bowl, and coat the sausages on all sides. You can store them in the fridge to marinate and develop flavor, or freeze them to fry later, or fry them straight away.



CHICKEN

Both the texture and flavor are impressively similar to chicken! Ideal for making a sandwich, or to have with rice and broccoli if you're looking for a complete meal.

- | | |
|---------------|---------------------|
| • Time: 50' | • Fridge: 5 days |
| • Servings: 3 | • Freezer: 3 months |



CHICKEN

INGREDIENTS

- 1/3 seitan base
- 1–2 tbsp soy sauce
- 1 tsp olive oil
- ½ tsp turmeric
- 1 tsp lemon juice

PREPARATION

1. Take the base, spread it on a board, and start making braids and knots with the seitan. Then steam it for 40 minutes over medium heat.
2. Shred it with a fork. In a bowl, mix the remaining ingredients, and combine with all the seitan strips. You can fry it like this, although I recommend leaving it in the fridge for 1 day first so it absorbs the flavor well, or freeze it.



STEAKS

The thinner you make them, the better. The more sauce you put to marinate, the better! Serve them with french fries for a treat.

- | | |
|---------------|---------------------|
| • Time: 50' | • Fridge: 5 days |
| • Servings: 4 | • Freezer: 3 months |

STEAKS

INGREDIENTS

- 1/3 seitan base
- 3 tsp tomato paste
- 3 tbsp nutritional yeast (mixed with some water)
- 2 tsp dried thyme or rosemary
- 2 tsp black pepper
- 3 tbsp olive oil

PREPARATION

1. Spread the dough on a board until you have 8 steaks, and make sure they are thin and well flattened.
2. In a bowl, mix the remaining ingredients, and then brush the steaks on all sides. Store in the fridge to develop the flavor, or freeze.
3. Fry them in a pan before eating.





NUGGETS

These Nuggets have an unmatched texture and are super easy to make. Plus tofu is a great source of protein, perfect to combine with the other seitan recipes!

- | | |
|---------------|---------------------|
| • Time: 40' | • Fridge: 5 days |
| • Servings: 3 | • Freezer: 3 months |

NUGGETS

INGREDIENTS

For the filling

- 400 g firm tofu
- 2 tbsp wheat flour
- 2 tbsp cornstarch
- 1 tbsp nutritional yeast
- 1 tsp salt
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp white pepper
- 1 tbsp olive oil
- 2 tbsp unsweetened plant milk

For the coating:

- 100 g flour
- 200 ml unsweetened plant milk
- 2 tsp cornstarch
- 200 g breadcrumbs
- 1 tsp salt
- 1 tsp sweet paprika

PREPARATION

1. Squeeze the tofu with your hands. Then blend until crumbled. Add the remaining filling ingredients. In a bowl with the tofu, form nuggets small and compact, and let them rest in the fridge for 20–30 min.
2. In one dish, make a liquid mixture with the 100 g of wheat flour, the plant-based milk, and the cornstarch. In another dish, mix breadcrumbs, salt, and paprika. Dip each nugget in the liquid mixture, then in the dry mixture. If frying in oil, double-coat them. Store in the refrigerator or freezer until golden brown, or bake in the oven at 200°C (400°F) for 20–25 minutes, brushed with oil, turning halfway through.



HEY!

You're forgetting something...

Now that you know how to make plant-based meats at home, you'll never need to spend a fortune on them again.

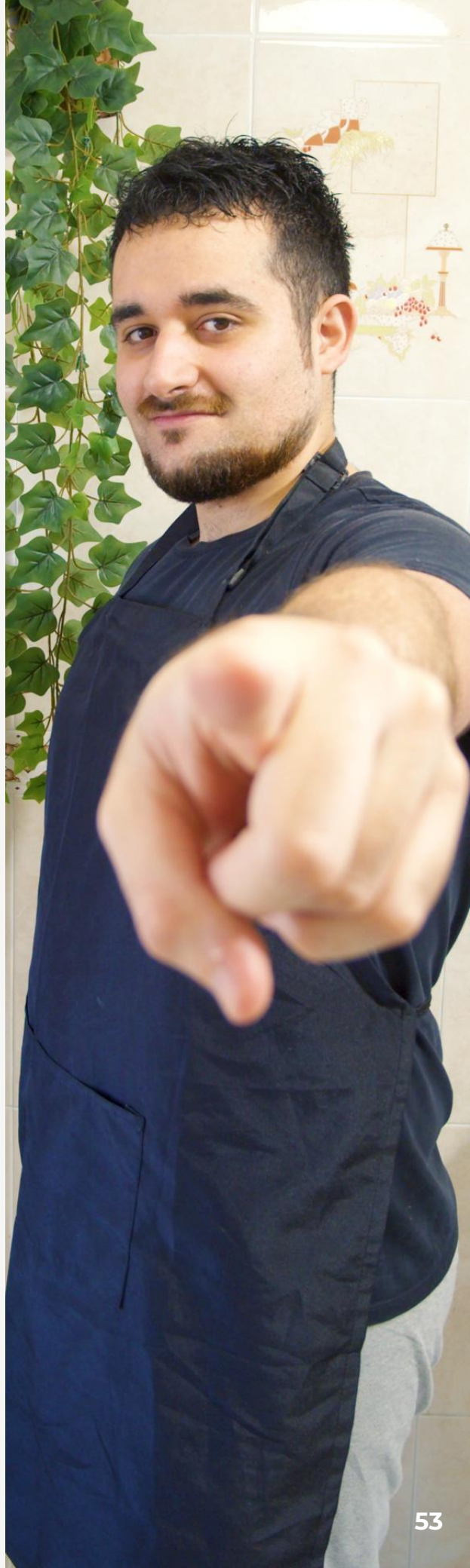
But it would be a shame to stop here...

If you're interested in more recipes like these and many others that are quicker and healthier, don't forget to visit my social media and let me know how this book worked for you!

Instagram: @plantchemy

Tiktok: @plantchemy

Youtube: @plantchemy



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PLANT-BASED MEATS



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