



PROFESSIONAL

**FOR FOOD SERVICE
PROFESSIONALS**

CATALOGUE



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MARTINOROSI SPA

MartinoRossi is an Italian company specialising in the production of flours, functional ingredients, and plant-based products obtained from gluten-free cereals and legumes, all sourced from a controlled supply chain, free from allergens and GMOs. We have always put regional products at the heart of our interests and offer support to local farms, seeking increasingly effective and sustainable solutions, with the awareness that the key to success lies in the ability to innovate.



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PROFESSIONAL

MR PROFESSIONAL LINE

This philosophy and the company's values have led MartinoRossi to launch the MartinoRossi Professional line, dedicated to professionals, artisanal laboratories and the HoReCa channel. In a sector where food safety and quality are paramount, MartinoRossi Professional's legume flours, corn flours, gluten-free mixes and plant-based mixes are the ideal solution.



THE PRODUCTION CHAINS

We care about the safety of the food we eat. That's why we decided to start from scratch, to return to our roots, personally taking care of every activity, just as it was done in the past. This is what is known as a controlled supply chain, because we closely monitor every step with care and passion,

and we know every detail of the entire production cycle. Everything begins in the fields, where we provide farmers with our best seeds, our agronomists and all the daily support they need. It takes more time, more commitment and more resources. But the result is well worth all our efforts.



FOCUS ON THE PLANT-BASED MARKET

The plant-based market is experiencing remarkable growth, driven by heightened emphasis on sustainability, health and evolving dietary preferences. Plant proteins are emerging as a cornerstone of this trend, offering a compelling alternative to animal proteins by delivering essential nutrients while significantly reducing environmental impact. Motivated by environmental awareness and a growing interest in personal health, consumers are increasingly incorporating plant-based products into their diets, even beyond strictly vegetarian or vegan lifestyles. As a result, the market share of plant-based products continues to expand. Projections indicate that by 2030, the global plant-based market could surpass \$162 billion, with a compound annual growth rate (CAGR) exceeding 10%. This surge reflects the rising demand for these alternatives, appealing to a broad audience, including omnivores and flexitarians.

THE NEW PLANT-BASED ALTERNATIVES MADE FROM LEGUMES

PLANT-BASED MIXES

Based on MartinoRossi's experience in processing and extracting legume proteins, a wide range of plant-based mixes are created. From meat alternatives, such as burgers, veggie balls and vegetable ragù, to legume purées and egg substitutes, all are gluten-free, soy-free, non-GMO and highly versatile.

THE NEW PLANT-BASED ALTERNATIVES MADE FROM LEGUMES

PLANT-BASED MIXES



PLANT-BASED MIX FOR GROUND

Plant-based mix for completely gluten-free, soy-free and non-GMO mince. This is a dry mix with a guaranteed shelf life of 24 months, with no need for storage at low temperatures. This is a clean label product, ideal for making Bolognese style sauce or fillings for tacos/burritos. It boasts an extremely short list of ingredients: only four ingredients, two of them being legumes. The mix is provided without any flavouring to allow maximum customisation for industry professionals. Easy and quick to prepare, simply add seasonings or spices of your choice, 680 g of water and 70 g of vegetable oil to the entire contents of the package. The resulting rehydrated mixture can be used in all recipes where you need to replace traditional minced meat with a vegan alternative.

AVAILABLE FORMAT: 250 g (carton of 10 pcs)

YIELD: 250 g of dry mix = 1 kg of rehydrated plant-based mince

AVAILABLE FLAVOURINGS: plain

PROPERTIES:

- Gluten-Free
- Soy-Free
- Non-GMO
- Made from legumes



PLANT-BASED MIX FOR BURGERS AND VEGGIE BALLS

Plant-based mix for burgers and veggie balls, totally gluten-free, non-GMO and soy-free. This is a dry mix with a guaranteed shelf life of 24 months, requiring no low-temperature storage.

It has a very short list of ingredients (only 4 ingredients, with legumes as the main component) and is easy and quick to prepare: simply add 615 g of cold water from the fridge ($\pm 4^{\circ}\text{C}$) and 110 g of oil to the entire contents of the package, mixing well. Let the resulting mixture rest in the fridge for around 30 minutes, then shape it into burgers and veggie balls as desired, before cooking in a skillet, oven or on the grill.

AVAILABLE FORMAT: 300 g (carton of 10 pcs)

YIELD: 300 g of dry mix = 10 burgers weighing 100 g each

AVAILABLE FLAVOURINGS: plain, chicken, beef

PROPERTIES:

- Gluten-Free
- Soy-Free
- Non-GMO
- Made from legumes

THE NEW PLANT-BASED ALTERNATIVES MADE FROM LEGUMES

PLANT-BASED MIXES



PLANT-BASED MIX FOR EGG ALTERNATIVES

Plant-based mix obtained from legumes, ideal for preparing vegan alternatives to eggs, as well as for both sweet and savoury recipes. A very versatile and easy to use mixture, perfect for producing several types of products, such as scrambled 'eggs', omelettes, fresh pasta, pastry cream, pancakes, and much more. Being a dry product, it has a shelf life of 24 months. The production process is very quick and simple.

Rehydration for savoury recipes (e.g., scrambled eggs, frittata, omelette): 50 g of dry mix + 300 g of cold water from the fridge ($\pm 4^{\circ}\text{C}$) + 20 g of vegetable oil. For other recipes, please refer to the dedicated section in this catalogue.

AVAILABLE FORMAT: 500 g (carton of 10 pcs)

YIELD: 500 g of dry mix = 74 whole eggs

PROPERTIES:

- Gluten-Free
- Soy-Free
- Non-GMO
- Made from legumes



PLANT-BASED MIX FOR PROTEIN MASH

Instant preparation, ideal for making a protein mash based on legumes. This product is very clean in its composition: only 3 ingredients and no additives. In addition to being completely free from allergens and gluten, it is rich in protein thanks to the use of MartinoRossi protein concentrates, and it is low in fat: features that make it stand out compared to similar products on the market. Finally, it is very quick and easy to prepare. To obtain a portion of purée for 2 people, simply add 250 ml of water + 250 ml of milk or plant-based beverage to 80 g of the dry product, mix well and cook in the microwave for around 5 minutes at 800 watts.

AVAILABLE FORMAT: 800 g (carton of 10 pcs)

YIELD: 800 g of dry mix = purée for 20 people

PROPERTIES:

- Gluten-Free
- Soy-Free
- Non-GMO
- Made from legumes

THE NEW PLANT-BASED ALTERNATIVES MADE FROM LEGUMES

PLANT-BASED MIXES



PLANT-BASED MIX FOR VEGAN NUGGETS

Plant-based mix for completely gluten-free, soy-free and allergen-free vegan nuggets. This is a dry, shelf-stable mix with a guaranteed 24-month shelf life, requiring no refrigeration. It offers a practical and versatile solution for creating 100% plant-based alternatives to traditional chicken nuggets. The product, being obtained from white beans, is unflavoured and neutral in colour, allowing maximum customisation according to each kitchen's recipe needs. Once rehydrated, the mix delivers a texture and structure very similar to chicken, making it ideal for vegan menus without compromising on taste or mouthfeel. The final product is also characterised by a high-water content, providing significant cost savings.

AVAILABLE FORMAT: 500 g (carton of 10 pcs)

YIELD: 500g of dry mix = 2.3 kg plant-based nuggets dough

PROPERTIES:

- 100% plant-based
- Gluten-free
- Soy-free
- Allergen-free

VEGETABLE BURGERS WITH FRESH HERBS

INGREDIENTS:

- 300 g of vegetable mix for burgers and veggie balls – neutral flavour
- 615 ml of vegetable broth
- 110 g of extra virgin olive oil
- 10 g of rosemary
- 5 g of thyme
- Salt and pepper to taste

PREPARATION:

In a large container, combine the vegetable mix with the cold broth ($\pm 4^{\circ}\text{C}$), extra virgin olive oil, salt, pepper and finely chopped herbs. Stir the ingredients well to obtain a homogeneous mixture and let the mixture rest in the refrigerator for at least 30 minutes. Form burgers weighing around 100-110 g each and cook them in a non-stick pan or on the grill for 3 minutes on each side. Serve as desired; they are also excellent on their own. Once shaped, they can be stored in the refrigerator or frozen to be cooked later.



VEGETABLE MEATBALLS IN SAUCE WITH BASIL

INGREDIENTS (FOR 10 SERVINGS):

- 1 kg of rehydrated vegetable mix for burgers and veggie balls neutral flavour
- 1 clove of garlic, peeled
- 5 g of chopped parsley + 5 g of thyme leaves
- 500 ml of tomato purée
- 30 g of chopped shallot + 30 g of extra virgin olive oil + 30 g of basil
- Salt

PREPARATION:

Season the plant-based mix with the herbs and chopped garlic. Form balls of around 20 g each and let them rest in the refrigerator. Meanwhile, prepare a base by sautéing the chopped shallots with extra virgin olive oil and salt. Add the tomato purée and let it reduce by around half. Sear the meatballs in a non-stick pan to form a crust on the surface. The same process can be carried out in a fryer (regular or air fryer) or in the oven.



VEGETABLES WITH PLANT-BASED FILLING

INGREDIENTS (FOR 10 SERVINGS):

- 1 kg of rehydrated vegetable mix for burgers and veggie balls – neutral flavour
- 10 g of chives
- 25 g of sun-dried tomatoes
- 25 g of extra virgin olive oil
- Salt and pepper to taste
- 20 zucchini flowers
- 10 cherry tomatoes
- 300 g of zucchini + 660 g of long sweet peppers
- 30 g of extra virgin olive oil

PREPARATION:

Season the vegetable mix with finely chopped chives, chopped sun-dried tomatoes, salt and pepper to taste. Let it rest in the refrigerator for 30 minutes. Hollow out the cherry tomatoes after removing the tops, which will be kept as lids. Scoop out the zucchini and blanch them in plenty of salted water, repeating the process with the peppers and the scallion. Clean the zucchini flowers and remove the stems. Stuff the vegetables, gently pressing the filling inside, and bake in the oven at 200°C for 12-15 minutes. Serve drizzled with extra virgin olive oil.



BAKED CANNELLONI WITH PLANT-BASED FILLING

INGREDIENTS (FOR 10 SERVINGS):

- 800 g of cooked gluten-free pasta made with MartinoRossi Professional mix
- 1 kg of rehydrated vegetable mix for burgers and veggie balls – neutral flavour
- 100 g of extra virgin olive oil
- 50 g of chopped shallot
- 20 g of finely chopped mixed herbs
- 20 g of chopped sun-dried tomatoes
- Salt and pepper to taste
- 1 l of plant-based béchamel
- 500 g of tomato sauce
- 200 g of plant-based grated cheese alternative

PREPARATION:

Boil water and pour it hot over the pasta mix combined with oil and salt. Roll out the pasta after kneading it while hot. Mix it in a machine with a hook until it cools down, then let it rest for 30 minutes wrapped in plastic film. Prepare the filling by sautéing the chopped shallot and sun-dried tomatoes in extra virgin olive oil until softened. Once softened, let it cool and combine it with the rehydrated mix and finely chopped herbs.



Roll out the pasta to obtain sheets of 8x15cm. Fill the sheets with the filling and roll them up to form the cannelloni. Cover the bottom of a baking dish with tomato sauce and place the cannelloni on top. Cover generously with béchamel and tomato sauce, and sprinkle with grated plant-based cheese. Bake in the oven at 200°C for 20-25 minutes until the surface is golden brown. Serve hot.

STEAMED CHINESE RAVIOLI

INGREDIENTS (FOR 10 SERVINGS):

- 800 g of cooked gluten-free pasta prepared using MartinoRossi Professional mix
- 400 g of rehydrated vegetable mix for burgers and veggie balls – neutral flavour
- 400 g of leek
- 200 g of sesame oil
- 50 g of fresh coriander
- 40 g of blonde sesame seeds
- 10 g of chopped fresh chili
- 10 g of lime zest
- 300 g of lentil tamari

PREPARATION:

Boil water and pour it hot over the pasta mix combined with oil and salt. Roll out the cooked pasta after kneading it while hot. Mix it in a machine with a hook until it is warm/cool and let it rest for 30 minutes wrapped in plastic film. Prepare the filling by sautéing the finely chopped leek in oil with sesame seeds, chopped chili and tamari. Once softened, let it cool and mix it with the rehydrated mix along with finely chopped coriander and lime zest. Roll out the pasta thinly and line the appropriate moulds. Fill with the filling and seal the ravioli. Cook them in a steamer in the oven on a baking sheet or in bamboo steamers. Serve immediately with lentil tamari on the side.



BURRITO WITH BEEF-FLAVOURED VEGGIE BALLS

INGREDIENTS (FOR 20 PEOPLE):

- 300 g of vegetable mix for burgers and veggie balls – beef flavour
- 615 g of cold water ($\pm 4^{\circ}\text{C}$)
- 110 g of vegetable oil
- 3 red onions
- 3 teaspoons of tomato paste
- 250 g of tomato puree
- 500 g of cooked red beans
- 125 g of pre-cooked corn
- 3 tablespoons of cumin
- 3 glasses of white wine
- 20 tortillas
- 20 lettuce leaves
- Salt and oil to taste

PREPARATION:

In a bowl, combine the vegetable mix with the cold water and sunflower oil, and mix well. Let the mixture rest in the refrigerator for around half an hour, then form small veggie balls and place them on a baking sheet. Cook them in a non-stick pan with a drizzle of oil for a few minutes, then set aside. In a saucepan, sauté the chopped onion and cumin in extra virgin olive oil for a couple of minutes.



Add the white wine and let it evaporate. Season with salt and pour in the tomato puree, tomato paste, red beans and corn. Let it cook for around 15-20 minutes with a lid on. Turn off the heat and add the veggie balls and chopped coriander. In a non-stick pan, heat the tortillas and fill them as shown in the photo, lining them with a lettuce leaf, and secure with a toothpick. Serve warm accompanied by Mexican sauce.

MINI KEBABS WITH CARAMELISED RED CABBAGE

INGREDIENTS:

- 615 g of cold water from the fridge ($\pm 4^{\circ}\text{C}$)
- 300 g of plant-based mix for beef-flavoured burgers and veggie balls
- 110 g of extra virgin olive oil
- 80 g of tomato paste
- 50 g of apple cider vinegar
- 40 g of agave syrup
- 20 g of soy sauce
- 20 g of apple cider vinegar
- 1 red cabbage
- 1 tablespoon of agave syrup
- Salt to taste
- Extra virgin olive oil to taste
- Water as needed

PREPARATION:

In a bowl, combine the burger mix with the cold water and olive oil, and knead well. Let it rest for 30 minutes. Shape the mixture into mini kebabs on skewers and arrange them on a baking sheet lined with parchment paper. In another bowl, mix together the tomato paste, soy sauce, agave syrup and apple cider vinegar, adding a little water to thin the sauce if needed.

Brush the mini kebabs with the sauce and bake in the oven at 170°C for around 10 minutes. Repeat the brushing and bake for an



additional 5 minutes.

Meanwhile, in a saucepan, cook the sliced red cabbage with olive oil, vinegar and agave syrup under a lid until it becomes soft but still crunchy. Add water during cooking as needed.

Serve the plant-based mini kebabs alongside the caramelised red cabbage. The kebabs are also delicious on their own.

Once formed, they can be stored in the fridge or frozen for later use, just remember to cook them before serving.

RICE PAPER ROLLS

INGREDIENTS:

- 300 g of vegetable mix for burgers and veggie balls – chicken flavour
- 615 g of cold water ($\pm 4^{\circ}\text{C}$)
- 110 g of vegetable oil
- Salt to taste
- Extra virgin olive oil to taste
- 1/2 white cabbage
- 2 yellow onions
- Sesame oil
- Soy sauce or tamari
- 2 packets of edible rice paper sheets

PREPARATION:

In a bowl, combine the burger mix with the cold water and sunflower oil, and mix well. Let the mixture rest in the refrigerator for half an hour. Slice the cabbage and onion thinly and sauté them in a wok with sesame oil for a few minutes, until the cabbage is soft, and the onion is golden. Add the previously rehydrated mix and let it sauté for around eight minutes, deglazing with soy sauce. Allow it to cool slightly and form small



cylinders. In a bowl, pour in hot water and soak the rice paper sheets (one at a time) until they become soft. Place the mixture in the centre and fold them like spring rolls. Brush the surface with sesame oil and cook in an air fryer at 200°C for six minutes. Serve accompanied by soy sauce or tamari and sprouts for a fresh touch.

VEGETABLE RAGÙ MADE WITH LEGUMES

INGREDIENTS (FOR AROUND 35 PEOPLE):

- 250 g of plant-based mix for ground
- 80 g of onion + 80 g of celery + 80 g of carrots
- 250 g of tomato sauce + 250 g of red wine
- 2.7 l of vegetable broth
- 135 g of extra virgin olive oil
- 13 g of rosemary + 13 g of thyme
- Salt and pepper to taste

PREPARATION:

Wash the vegetables, cut them into small cubes, and sauté them in oil with bay leaves and salt. Add the red wine and let the alcohol evaporate. Now add the tomato sauce and cook for 4-5 minutes over low heat. Incorporate the vegetable minced meat substitute and stir for 1-2 minutes. Add the vegetable broth and continue cooking, allowing it to simmer for around 30 minutes. Finely chop the herbs and add them to the ragù. Let it cook for another minute, stirring to release all the flavour from the herbs, then turn off the heat. Adjust salt and pepper to taste and use the sauce as desired. It can be stored in the refrigerator or frozen.



GNOCCHI WITH VEGETABLE RAGÙ AND ALMOND BUTTER

INGREDIENTS (4-5 PEOPLE):

- 1 kg of gnocchi
- 2 white onions
- 5 carrots and 5 celery stalks
- 2 glasses of white wine
- 1 kg and 750 g of tomato sauce
- 250 g of double concentrated tomato paste
- 250 g of plant-based mix for ground
- Extra virgin olive oil

FOR THE ALMOND BUTTER:

- 350 g of peeled almonds and 350 g of cashews
- 650 g of unsweetened almond milk
- 75 g of extra virgin olive oil and a pinch of salt

PREPARATION:

Prepare the sauté by finely chopping the onion, carrot and celery in a saucepan along with the extra virgin olive oil and sauté the mixture. Add the vegetable ragù mix and let it brown. Deglaze with the white wine and allow the alcohol to evaporate. Add the tomato sauce, tomato paste and two glasses of water. Cook for one hour over low heat, stirring occasionally. Meanwhile, prepare the almond butter by placing the nuts in a blender along with the oil and salt, blending at maximum



speed for a few seconds. Gradually add some of the almond milk while blending for a few more seconds, still at maximum speed, continuing to add the milk slowly until all the ingredients are incorporated and you achieve a creamy, whipped consistency. Transfer the mixture to the refrigerator and let it rest before serving. Cook the gnocchi in salted water, drain them and toss them with the vegetable ragù and a tablespoon of almond butter.



LIGHT AUBERGINE PARMESAN WITH VEGETABLE RAGÙ

INGREDIENTS (FOR 10 PEOPLE):

- 1.5 kg of aubergine
- 3 onions
- 500 g of vegan béchamel
- 250 g of plant-based mix for ground
- 3 bottles of tomato puree
- Extra virgin olive oil to taste
- Fine and coarse salt to taste

PREPARATION:

Wash the aubergine and cut it into slices or rounds around 1 cm thick. Place the aubergine slices in a colander and sprinkle them with coarse salt, letting them rest for around 1 hour to draw out excess moisture. To prepare the vegetable ragù, sauté the vegetables in a large pot, then add the tomato puree. Pour the entire contents of the vegetable minced meat substitute packet into the pot and mix to combine everything. Cook at a temperature of around 100°C for 15-20 minutes, stirring occasionally. Add salt and herbs to taste. While the vegetable ragù is cooking, you can start preparing the béchamel. In a saucepan, combine the flour and oil and cook for around 5 minutes. In a separate container, gently heat the oat milk, seasoning it with salt and pepper. Gradually add the oat milk to the saucepan with the flour and oil, stirring continuously with

FOR THE BECHAMEL:

- 3 l of unsweetened oat milk
- 250 g of corn oil
- 250 g of flour (or 40 g of cornstarch)
- 3 tablespoons of nutritional yeast
- Salt and pepper to taste

a whisk to avoid lumps, and cook until it thickens. Finish with a generous tablespoon of nutritional yeast. Once the aubergine is ready, take a lightly oiled non-stick grill pan and grill them on both sides for 2-3 minutes. In a baking dish, layer the grilled eggplants, covering them with a layer of vegetable ragù and a few tablespoons of béchamel. Repeat the layers until all the ingredients are used up. Transfer to a preheated oven at 180°C for around 15 minutes. Turn off the oven and let the dish rest for a few moments before serving.

MINI FLATBREADS WITH PLANT-BASED GROUND

INGREDIENTS (FOR 5 PEOPLE):

- 250 g of plant-based mix for ground
- 680 ml of water
- 70 g of extra virgin olive oil
- 100 g of sauté mix (diced carrots, celery, onion)
- 8 tablespoons of tomato paste
- 80 g of mozzarella cheese
- 15 cherry tomatoes
- 2 glasses of water
- 20 mini flatbreads
- Salt to taste
- Extra virgin olive oil to taste

PREPARATION:

Pour the contents of the packet into a bowl. Add 680 ml of water and 70 g of oil and mix until you obtain a homogeneous dough. Prepare the sauté by heating the vegetables in a tablespoon of oil; once ready, pour the rehydrated mix into the pan and cook, stirring continuously, for around 5 minutes. Add the tomato paste and 2 glasses of water,



continuing to stir until the sauce thickens. Season with salt or herbs to taste. Lightly heat the mini flatbreads on both sides and fill them with the prepared filling. Finally, top the mini flatbreads with diced mozzarella, cherry tomatoes and onion.

VEGETABLE ALTERNATIVE TO SCRAMBLED EGGS

INGREDIENTS:

- 60 g of plant-based mix for egg alternatives
- 240 g of cold water (approximately 4°C)

PREPARATION:

Pour the plant-based mix for egg alternatives and the cold water (approximately 4°C) into a bowl and whisk until you obtain a homogeneous mixture. Heat a drizzle of oil in a pan and pour the mixture into it. Cook over low heat, and when the mixture begins to set, stir with a spatula to break it apart and achieve a scrambled texture. The total cooking time will be around 4-5 minutes. Remove from the heat. Serve hot with your favourite toppings.



VEGETABLE ALTERNATIVE TO CREAMY SCRAMBLED EGGS

INGREDIENTS:

- 50 g of plant-based mix for egg alternatives
- 300 g of cold water (approximately 4°C)
- 20 g of vegetable oil

PREPARATION:

In a bowl, combine the plant-based mix for egg alternatives, cold water (approximately 4°C) and vegetable oil, and whisk until you obtain a homogeneous mixture. Heat a drizzle of oil in a pan and pour the mixture in. Cook over a low heat, and when the mixture starts to set, stir with a spatula to break it apart and achieve a scrambled texture. The total cooking time will be around 3 to 4 minutes. Remove from the heat. Serve hot with your favourite toppings.



EGG SUBSTITUTE FOR MAKING BREADCRUMBS

INGREDIENTS (FOR 100G OF EGG SUBSTITUTE FOR MAKING BREADCRUMBS):

- 5 g of plant-based mix for egg alternatives
- 95 g of tepid water

PREPARATION:

In a bowl, whisk together the plant-based mix for egg alternatives and the tepid water. Use the resulting mixture to dip the product you wish to bread (e.g., nuggets, burgers, etc.) before coating it in the desired breading mixture (e.g., breadcrumbs).



MUFFINS

INGREDIENTS:

- 20 g of plant-based mix for egg alternatives
- 80 g of cold water (approximately 4°C)
- 350 g of all-purpose flour
- 12 g of baking powder
- 140 g of brown or white sugar
- 140 g of chocolate chips
- 240 g of soya, almond or oat milk
- 80 g of seed oil
- 160 g of coconut yogurt or soya yogurt
- Vanilla extract to taste
- Salt to taste

PREPARATION:

Preheat the oven to 220°C (static mode). In a bowl, whisk the plant-based mix for egg alternatives with the cold water to form a batter. Set aside in the refrigerator temporarily. In a large bowl, combine the flour, baking powder, sugar and salt. Mix well with a whisk. Add the plant-based milk, yogurt, oil, vanilla extract and the batter to the dry ingredients and mix well with a whisk. Finally,



fold in the chocolate chips using a spatula. Pour the batter into a muffin tray and sprinkle with some sugar for added browning. Bake for 5 minutes at 220°C. Then, lower the temperature to 180°C and bake for another 13-15 minutes or until a toothpick comes out clean and the tops are slightly golden. Allow to cool in the tray for around 15 minutes, then transfer to a wire rack.

WAFFLES

INGREDIENTS (FOR 8 WAFFLES):

- 30 g of plant-based mix for egg alternatives
- 120 g of cold water (approximately 4°C)
- 330 g of all-purpose flour or type 1 flour
- 375 g of plant-based milk of your choice
- 45 g of seed oil
- 75 g of sugar
- 25 g of baking powder
- One packet of vanilla powder or vanilla extract
- A pinch of salt
- Maple syrup/fresh fruit/powdered sugar for garnish

PREPARATION:

Combine the plant-based mix for egg alternatives with the cold water and whisk well until you achieve a smooth batter. In a bowl, add the flour, sugar, baking powder, plant-based milk, oil, vanilla and a pinch of salt, and mix thoroughly. Finally, add the previously prepared egg substitute and stir to combine everything. The waffle batter is now ready.



Preheat the waffle iron, and once it's hot, brush a little oil on the surface. Ladle a small amount of batter into the mould, close the waffle iron, and cook for around 5 minutes. Once all the waffles are cooked, transfer them to a plate and garnish with a dusting of powdered sugar, fresh fruit and maple syrup.

VEGETABLE FRITTATA IN PUFF PASTRY WITH ASPARAGUS

INGREDIENTS:

- 60 g of plant-based mix for egg alternatives
- 240 g of cold water (approximately 4°C)
- 1 bunch of asparagus (around 200g)
- 1 or 2 shallots
- Salt and pepper to taste
- 1 rectangular sheet of puff pastry

PREPARATION:

Clean and slice the asparagus into thick rounds and cook them in boiling salted water, removing them once the water returns to the boil. In the meantime, sauté the sliced shallots until soft. Allow the vegetables to cool slightly. In a bowl, combine the egg substitute mix with the cold water and whisk until smooth. Add the slightly cooled vegetables to the mixture and stir to combine. Place the puff pastry on a baking sheet. Pour the prepared mixture into the centre and spread it evenly across the surface of the pastry with a spatula. Fold the puff pastry over the filling, then bake in a preheated conventional oven at 220°C (428°F) for around 23 minutes.



SAVORY TART WITH RED ONION AND BELL PEPPERS

INGREDIENTS:

- 60 g of plant-based mix for egg alternatives
- 240 g of cold water from the fridge (±4°C)
- 1 roll of puff pastry
- 2 peppers and 1 red onion

PREPARATION:

Preheat the conventional oven to 200°C. In a bowl, combine the plant-based mix for egg alternatives and the cold water from the fridge (±4°C), and whisk until you obtain a smooth mixture. Place this in the fridge, and in the meantime, cook the vegetables in a pan with a drizzle of oil. Season with salt, pepper and any other desired seasonings. Let them cool, then mix them with the rehydrated egg alternative. Roll out the puff pastry in a 24 cm diameter pie dish. Pour in the filling and bake for 30-35 minutes.



VEGAN MAYONNAISE

INGREDIENTS:

- 60 g of plant-based mix for egg alternatives
- 240 g of cold water (around 4°C)
- 200 g of sunflower oil
- 30 g of vinegar or lemon juice
- 12 g of Dijon mustard (optional)
- 3 g of salt

PREPARATION:

In a small bowl, whisk together the plant-based mix for egg alternatives and cold water to form a batter. Add the batter and all the remaining ingredients into a tall measuring jug or a narrow container. Using an immersion blender, blend for around 2 minutes, incorporating air until you achieve a creamy and homogeneous emulsion. Taste the mayonnaise and adjust the salt if necessary. Serve the mayonnaise immediately or pour it into a jar or airtight container and store it in the refrigerator.



VEGAN CARBONARA

FOR 6 SERVINGS: 500 g of Spaghetti

INGREDIENTS FOR THE SAUCE:

- 60 g of plant-based mix for egg alternatives
- 400 g of boiling water to cook the pasta
- 120 g of extra virgin olive oil
- 15 g of nutritional yeast flakes
- 3 g of salt

INGREDIENTS FOR THE FLAVOURED SMOKED TOFU:

- 150 g of smoked tofu
- 45 g of soy sauce or tamari
- 36 g of extra virgin olive oil
- Pinch of salt + 1.5 g of smoked paprika or sweet paprika

PREPARATION:

Cut the smoked tofu into cubes. Transfer it to a container with the tamari, olive oil, salt and paprika. Mix well and let it marinate for a few minutes. Meanwhile, cook the pasta. When the pasta is almost done, heat a non-stick pan over medium-low heat and sauté the tofu with its marinade for around 5 minutes. In a measuring cup or jar for an immersion blender, add all the



ingredients for the carbonara sauce: the egg alternative mix, pasta cooking water, olive oil, nutritional yeast flakes and salt. Blend until you achieve a smooth and homogeneous sauce. Drain the pasta and toss it with the prepared sauce. Serve with the smoked tofu and freshly ground black pepper.

POTATO TORTILLA

INGREDIENTS:

- 60 g of plant-based mix for egg alternatives
- 550 ml of cold water from the refrigerator ($\pm 4^{\circ}\text{C}$)
- 20 ml of olive oil
- Approximately 700 g of potatoes for frying
- Olive oil (for frying the potatoes)
- 1 large onion (optional)
- Salt to taste

PREPARATION:

Combine the plant-based mix for egg alternatives, cold water and olive oil, and whisk until a smooth batter forms. Cover with plastic wrap and set the mixture aside in the refrigerator. Peel and slice the potatoes. In a non-stick skillet, fry the potatoes in olive oil over a low heat for around 20-30 minutes, or until cooked. Remove the potatoes from the skillet with a slotted spoon, letting them drain on paper towels to eliminate excess oil, and let them rest for a few minutes until they are warm. In another skillet, while the potatoes are frying, sauté the onion diced into brunoise over a medium heat until golden brown. Drain



the onion to remove excess oil and mix it with the previously prepared egg alternative. Add the potatoes and combine everything. Preheat a non-stick skillet, pour in the mixture and cook the frittata over a low heat for a few minutes. Flip it with the help of a plate and let it cook on the other side for a few more minutes. The cooking time depends on the thickness of the tortilla and the desired level of cooking.

CUSTARD

INGREDIENTS:

- 60 g of plant-based mix for egg alternatives
- 240 g of tepid water
- 260 g of plant-based beverage of your choice
- 150 g of sugar
- Lemon zest to taste
- 1/3 vanilla bean
- 30 g of oil
- 30 g of margarine
- 10 g of cornstarch

PREPARATION:

Pour the plant-based mix for egg alternatives into a bowl and add the water, mixing vigorously with a whisk. Add the sugar, vanilla bean and its seeds, and cornstarch, and continue to mix. Grate the lemon zest into the oat-based beverage and heat it in a small saucepan to dissolve the essential oils. Once the milk is warm, gradually pour it into the mixture. Return the mixture to



the heat and continue stirring until the cream thickens (over a medium to low heat). Pour it into a bowl and remove the vanilla bean and any lemon zest. Add the margarine and seed oil and emulsify with an immersion blender. Allow it to cool, covering the surface with a plastic wrap. Once cooled, blend it again with an immersion blender to make it smooth and creamy.

EGGLESS PUDDINGS

INGREDIENTS (FOR 8 PUDDINGS):

- 30 g of plant-based mix for egg alternatives
- 120 g of cold water from the refrigerator ($\pm 4^{\circ}\text{C}$)
- 1 l of milk or plant-based beverage
- 1 orange
- 130 g of cornstarch
- 80 g of sugar
- 1 vanilla bean or vanilla extract
- Chocolate/jam/fresh fruit for garnish

PREPARATION:

Extract the juice and zest from the orange. Heat the milk in a saucepan, being careful not to boil it, along with the vanilla bean and orange zest. Meanwhile, in a bowl, combine the plant-based mix for egg alternatives with the cold water and whisk well until a smooth mixture forms. In another bowl, pour in the cornstarch, sugar, the rehydrated egg alternative and orange juice, and mix well. Remove the vanilla bean and orange zest from the warm



milk, and gradually pour the milk over the other ingredients while whisking continuously. Transfer the mixture back to a saucepan and cook until you achieve a nice thick consistency. This will take around ten minutes. Pour the mixture into aluminium cupcake liners (or pudding cups). Cover with a plastic wrap and let the puddings cool in the refrigerator for a couple of hours. Once chilled, remove the puddings from the moulds and garnish as desired.

PANCAKES

INGREDIENTS (FOR 16 PANCAKES):

- 20 g of plant-based mix for egg alternatives
- 80 g of cold water from the refrigerator ($\pm 4^{\circ}\text{C}$)
- 200 g of all-purpose flour
- 250 g of plant-based beverage of your choice
- 30 g of seed oil
- 50 g of sugar
- 16 g of baking powder
- Vanilla extract to taste
- Salt to taste
- Maple syrup/fresh fruit for garnish

PREPARATION:

In a large bowl, combine the flour, sugar, baking powder, plant-based beverage, oil, vanilla extract and a pinch of salt. Whisk until you obtain a smooth batter. In another bowl, whisk together the plant-based mix for egg alternatives with the cold water, then add this mixture to the rest of the ingredients. Heat a non-stick skillet with a drizzle of oil. Pour in 2 tablespoons of batter for each pancake. Cook the pancakes for around 3 minutes or until small bubbles appear on the surface, then flip them and cook the other side for an additional minute. Serve hot, accompanied by maple syrup and/or fresh fruit.



CHOCOLATE CAKE

INGREDIENTS:

- 20 g of plant-based mix for egg alternatives
- 80 g of cold water from the refrigerator ($\pm 4^{\circ}\text{C}$)
- 200 g of all-purpose flour
- 50 g of unsweetened cocoa powder
- 160 g of sugar
- 1 packet of baking powder (16g)
- 75 g of seed oil
- 180 g of plant-based beverage
- 1 packet of vanilla powder (0.5g)
- Powdered sugar to taste

PREPARATION:

Preheat the conventional oven to 180°C (350°F). Pour the plant-based mix for egg alternatives and the cold water from the refrigerator into a bowl, mixing with a whisk until you achieve a smooth mixture. Add the plant-based beverage and oil and mix well. In another bowl, combine the flour, cocoa powder, baking powder, sugar and vanilla powder. Combine the two mixtures



(liquids + dry ingredients) and whisk well to ensure everything is well incorporated. Pour the final mixture into a greased and floured cake pan and bake for around 30 minutes. Remove the cake from the oven and let it cool slightly before removing it from the pan. Dust with powdered sugar before serving.

SHORT CRUST PASTRY

INGREDIENTS:

- 12 g of plant-based mix for egg alternatives
- 100 g of cold water from the refrigerator (4°C)
- 250 g of flour
- 100 g of icing sugar
- 125 g of margarine
- Lemon peel

PREPARATION:

Pour the plant-based mix for egg alternatives and cold water from the refrigerator (4°C) into a bowl and mix with a whisk until a homogeneous mixture is obtained. Add the cold margarine, the flour, sugar and lemon zest into a kneader bowl. Knead the mixture until a sandy consistency is obtained. Add the rehydrated alternative egg mix and blend it all together until you get a homogeneous mixture. Wrap in cling film and let rest in the refrigerator until use. Ideal for pies or quiches.



PLUMCAKE

INGREDIENTS:

- 24 g of plant-based mix for egg alternatives
- 96 g of cold water from the refrigerator ($\pm 4^{\circ}\text{C}$)
- 210 g of all-purpose flour
- 50 g of potato starch
- 80 g of oil
- 160 g of milk or plant-based beverage
- 170 g of sugar
- 16 g of baking powder

PREPARATION:

Preheat the conventional oven to 180°C (350°F). Pour the plant-based mix for egg alternatives and the cold water from the refrigerator ($\pm 4^{\circ}\text{C}$) into a bowl, and mix with a whisk until you obtain a smooth mixture. In another bowl, combine the flour, potato starch, sugar and baking powder. Add the milk, oil and the rehydrated egg alternative to this mixture. Whisk everything together until well combined. Pour the batter into a previously greased and floured loaf pan. Bake for 45 minutes. Allow to cool in the pan for 10 minutes, then transfer the cake to a wire rack to cool completely. Garnish as desired.



LEMON CURD

INGREDIENTS (FOR AROUND 1 KG OF LEMON CURD):

- 20 g of plant-based mix for egg alternatives
- 80 g of cold water from the refrigerator (4°C)
- 15 g of corn starch
- 600 g of rice drink or other vegetable drink
- 160 g of coconut oil
- 200 g of sugar
- Juice and zest of 2 lemons
- Curcuma/curcumin extract (optional)

PREPARATION:

Rehydrate the plant-based mix for egg alternatives with cold water and mix with a whisk. Pour the mixture in a Thermomix, together with the vegetable drink, grated lemon, starch and sugar. Operate the Thermomix at a medium to high speed and bring the mixture to 100°C . Add the lemon juice and coconut oil and leave to rest. Mix it all together. Transfer the cream into a bowl, cover with film and let it cool. Once cooled, whisk the cream before serving.



VEGAN NUGGETS

INGREDIENTS

(TO OBTAIN 1KG DOUGH):

- 220g plant-based mix for nuggets
- 645g cold water
- 20g flavorings to taste
- 110g vegetable oil of your choice
- 5g salt

PREPARATION:

In a thermomix (cutter) add the plant-based mix for nuggets and operate it at a speed of 800 rpm for 30". Add the cold water (4°C / 39°F) and slowly pour in a vegetable oil of your choice, keeping the speed constant. Once the oil has been incorporated, increase the speed to 2000 rpm for 2' and 30" (until the mixture is homogeneous). Form the nuggets. Coat the formed nuggets (with batter and breadcrumb of your choice*) and we suggest to let it stabilize in the fridge for a while. Cook in the oven (15' at 160°C / 320°F) or in the fryer (3'/4'). Consume hot.

*MartinoRossi Batter and Breadcrumb



PROTEIN MASH CROQUETTES

INGREDIENTS (FOR 12 CROQUETTES):

- 80 g plant-based mix for protein mash
- 250 ml milk or vegetable drink of your choice
- 250 ml water
- 150 g breadcrumbs
- Grated cheese (optional)
- Salt to taste
- Pepper to taste
- Oil for frying

PREPARATION:

In a bowl, combine the water and vegetable milk/beverage and add the mix for protein mash. Combine with a whisk until the mixture is smooth and lump-free. Cook the mixture in a pan or in the microwave for 5 to 6 minutes at 800 W, stirring occasionally and until it has a thick, creamy consistency. Add salt and pepper to taste. Once ready let the mixture cool. Add 3 tablespoons of breadcrumbs and some grated cheese, if desired, and mix everything



together. With the help of a spoon, form small balls and dip them in the breadcrumbs. Mould the croquette into the desired shape, round or cylindrical. Fry the croquettes in a frying pan or deep fat fryer until they are golden brown. Remove excess oil with paper towels and serve hot, accompanied by sauces to taste.



PROTEIN MASH WITH CHICORY AND SWEET AND SOUR RED ONION PETALS

INGREDIENTS (FOR 4 PEOPLE):

FOR THE PROTEIN MASH:

- 500 g of vegetable stock or water
- 80 g of plant-based mix for protein mash
- 40 g evo oil
- Salt to taste.

PREPARATION:

For the protein mash, combine the mix for mashed legumes with the water in a bowl. Once any lumps have been removed, cook in the microwave at 600 to 800 watts for 7 minutes. Once cooked, mix again and add the evo oil and salt. Clean and cook the chicories in plenty of salted boiling water. Drain them and sauté them in a pan with half of the oil, the

FOR THE CHICORY AND SPRING ONION:

- 50 g of red spring onion
- 500 g of chicory
- 10 g of apple cider vinegar
- 10 g of brown sugar
- 2 cloves of poached garlic
- 40 g of evo oil
- Salt and pepper to taste

poached garlic and pepper, until well-seasoned. Discard the garlic. Cut petals from the spring onion and blanch them for 3 minutes in salted boiling water with vinegar and sugar added. Serve the prepared chicories over protein mash. Decorate with the sweet and sour spring onion petals and finish with a drizzle of evo oil.



A GOOD TABLE CLASSIC

CORN FLOUR

From our finest varieties of corn, cultivated in Italy through carefully managed supply chains, we produce a range of premium corn flours. These include bramata, yellow fioretto, black corn bramata, and white corn flour, ideal for crafting traditional arepas. Whether you're preparing exquisite polenta with its golden hue and rustic flavor or exploring the rich culinary traditions of arepas, our corn flours provide the perfect foundation for authentic and delicious dishes.

MARKET OVERVIEW

The market for gluten-free cornmeal is rapidly growing, driven by the increasing demand for foods that are safe and suitable for everyone, including those with coeliac disease and gluten intolerance. Consumers are increasingly more demanding about product quality, seeking foods free of allergen contamination. Companies are therefore focusing on production practices that ensure the total absence of cross-contamination, offering flours that are safe, certified and suitable even for those with food allergies. In addition to the more traditional corn varieties, since 2022 we exclusively hold the production and distribution rights for Raven Corn, one of the oldest corn varieties in the world, dating back to Mayan times. Characterised by its dark colour and excellent nutritional properties, Raven Corn is a valuable and sought-after product, ideal for those who wish to bring tradition and quality to the kitchen.

A GOOD TABLE CLASSIC CORN FLOUR

STEAM-COOKED YELLOW CORN FLOUR

Steam-cooked yellow corn flour for bramata polenta, obtained from selected high-quality corn varieties, sourced from a 100% Italian supply chain. Ideal for preparing a thick, full-bodied polenta in just 5 minutes and extremely versatile.

PROPERTIES:

- Gluten-free
- Soy-free
- Non-GMO
- From a 100% Italian supply chain
- Ready in 5 minutes

AVAILABLE FORMAT:

WEIGHT: 1 Kg



BOX OF: 10 PCS



STEAM-COOKED BLACK CORN FLOUR FOR BRAMATA POLENTA

Steam-cooked black corn flour for bramata polenta, obtained from an ancient variety of carefully selected high-quality corn from a 100% Italian supply chain. Black corn is one of the oldest corn varieties, with its existence dating back to the Mayan era. The name "Corvino" comes from the characteristic black pigment that covers the pointed and elongated kernels, reminiscent of a raven's beak. The black exterior of the ear makes this corn a unique variant, and the stone milling imparts an intense, rustic and artisanal flavour.

PROPERTIES:

- Gluten-free
- Soy-free
- Non-GMO
- From a 100% Italian supply chain
- Ready in 5 minutes

AVAILABLE FORMAT:

WEIGHT: 1 Kg



BOX OF: 10 PCS



A GOOD TABLE CLASSIC CORN FLOUR



STEAM-COOKED WHITE CORN FLOUR FOR AREPAS

Steam-cooked white corn for arepas, obtained from selected high-quality corn varieties, from a 100% Italian supply chain. Ideal for preparing soft, flavorful and gluten free arepas. Perfect for a variety of recipes, they

offer a versatile and wholesome option for traditional Latin American cuisine, while maintaining the excellence of Italian-grown corn.

PROPERTIES:

- Gluten-free
- Soy-free
- Non-GMO
- From a 100% Italian supply chain

AVAILABLE FORMAT:

WEIGHT: 1 Kg



CARTON OF: 10 PCS



POLENTA MEDALLIONS

INGREDIENTS (FOR 4 PEOPLE):

- 185 g of steam-cooked yellow corn flour for bramata polenta
- 750 ml of water
- 100 g of Brie cheese
- 60 g (8 slices) of smoked pancetta
- 10 g of extra virgin olive oil
- Salt to taste

PREPARATION:

Bring 750 ml of water to the boil. Add salt and the oil. Gradually pour in the flour while whisking. Cook over a low heat for 5 minutes, continuing to stir to avoid lumps. Then pour the polenta into an oiled baking dish to a thickness of around 2 cm. Cover with a plastic wrap and refrigerate for 30 minutes. Once chilled, use a cookie cutter to cut out 4 discs from the polenta. Wrap each disc with 2 slices of smoked pancetta. Transfer the discs to a baking tray lined with parchment paper. Slice the Brie cheese and place it on top of the medallions. Grill for 5 minutes.



GRILLED YELLOW BRAMATA POLENTA WITH OVEN-ROASTED PEPPERS AND ANCHOVIES

INGREDIENTS FOR 4 PEOPLE:

- 350 g of precooked yellow corn flour for bramata polenta
- 1 l of water
- 2 bell peppers
- 8 desalted anchovies
- Salt

PREPARATION:

Slice the bell peppers into strips and roast them in a preheated oven at 200°C (around 400°F) for 30-35 minutes, turning them occasionally. Once cooked, place them inside a plastic bag, seal it and let them cool. This will make it easier to peel off the skin. Meanwhile, in a saucepan, heat the salted water and gradually whisk in the polenta flour, stirring continuously. Cook the polenta over a low heat for 5 minutes until it is thick



and hearty. Then, spread it in a shallow baking dish and let it cool, covering it with a sheet of parchment paper. Use a cookie cutter to cut out polenta discs and roast them in a lightly oiled pan. To serve, plate the polenta discs and top them with the peeled and seeded strips of roasted bell peppers. Add a few pieces of desalted anchovies, a drizzle of extra virgin olive oil, and serve.

YELLOW BRAMATA POLENTA WITH STUFFED CABBAGE PARCELS AND TOMATO SAUCE

INGREDIENTS (FOR 4 PEOPLE):

- 350 g of precooked yellow corn flour for bramata polenta
- 500 g of tomato sauce
- 100 g of mortadella
- 1 medium Savoy cabbage
- 1 l of water
- 2 tablespoons of breadcrumbs
- 2 tablespoons of grated Parmesan cheese
- 1 whole egg
- Salt and pepper to taste

PREPARATION:

Clean the cabbage and blanch the outer leaves in salted water. Let them cool and set aside. In a food processor, blend together the mortadella and cooked ham. Pour the mixture into a bowl and add the egg, breadcrumbs, Parmesan cheese, salt and pepper, mixing well. Take the Savoy cabbage leaves and fill them with the stuffing. Secure the parcels with a toothpick. Place them in a baking dish, cover with tomato sauce, sprinkle with Parmesan cheese, and gratin in the oven at 180°C (around 350°F)



until they are nicely browned. Meanwhile, in a saucepan, heat the salted water and gradually whisk in the polenta flour, stirring continuously.

Cook the polenta for 5-6 minutes over a low heat until it is thick and hearty. Serve the stuffed cabbage parcels with two quenelles of polenta, garnishing with a little tomato sauce.

BEEF STEW WITH YELLOW BRAMATA POLENTA

INGREDIENTS FOR 4 PEOPLE:

- 350 g of precooked yellow corn flour for bramata polenta
- 800 g of beef, cut into cubes
- 300 g of tomato sauce
- 1 l of water
- 1 medium onion
- ½ cup of white wine
- Extra virgin olive oil
- Salt

PREPARATION:

Slice the onion into rounds and sauté it in a large saucepan. Add the beef stew, brown it, and deglaze with the white wine, then finish cooking over a low heat. Meanwhile, in a separate saucepan, heat the salted water and gradually whisk in the polenta flour, stirring continuously. Cook the polenta for 5 minutes over a low heat until it becomes thick and hearty. Plate the polenta by creating a crater in the centre to hold the stew. Serve hot.



YELLOW BRAMATA POLENTA WITH LARD AND CHESTNUTS

INGREDIENTS FOR 4 PEOPLE:

- 350 g of precooked yellow corn flour for bramata polenta
- 150 g of lard
- 100 g of boiled chestnuts
- 50 g of butter
- 1 l of water
- Salt

PREPARATION:

In a saucepan, heat the salted water and gradually whisk in the polenta flour, stirring continuously. Cook the polenta for 5 minutes over a low heat until it becomes thick and hearty. Spread the polenta in a shallow dish and let it cool. Melt the butter in a small saucepan, then add the chestnuts and cook over a low heat for a few minutes. Lightly toast the polenta cut into squares. Before serving, place the slices of lard and the chestnuts on top. Garnish with a sprinkle of black pepper.



BLACK CORN POLENTA

INGREDIENTS (FOR 6 PEOPLE):

- 250 g of precooked black corn flour for bramata polenta
- 1 l of water
- Salt

PREPARATION:

Bring the water to the boil, salt to taste, and gradually add the polenta flour while stirring with a whisk to avoid lumps. Cook over a low heat for 5 minutes, or until you reach the desired consistency.



BLACK CORN NACHOS WITH SAUCE

INGREDIENTS:

- 250 g of precooked black corn flour for bramata polenta
- 300 g of tomato sauce
- 1 l of water
- 1 onion
- 1 bell pepper
- 1 fresh hot chili pepper
- ½ tablespoon of sugar
- 1 teaspoon of white vinegar
- Salt

PREPARATION:

In a saucepan, heat the salted water and gradually whisk in the polenta flour, stirring continuously. Cook the polenta for 5 minutes over a low heat until it becomes thick and hearty. Using two sheets of parchment paper and a rolling pin, roll out the polenta thinly, cut it into triangles, and dry them in the oven for 3 hours at 100°C (around 212°F). Finely chop the onion and



dice the bell pepper, then sauté them in a non-stick pot with a drizzle of oil.

Add the vinegar and sugar and let them caramelize slightly before adding the tomato sauce and chili pepper. Let the sauce simmer gently until it reduces by half. Serve the polenta nachos with the sauce.

BLACK CORN COOKIES

INGREDIENTS:

- 200 g of rice flour
- 50 g of precooked black corn flour for bramata polenta
- 150 g of butter
- 100 g of sugar
- 2 egg yolks
- 1 packet of vanilla powder
- A pinch of salt

PREPARATION:

In a large bowl, combine the butter and sugar, and mix well until everything is thoroughly blended and soft. Add the black corn flour, egg yolks, vanilla powder and a pinch of salt. Once you have a compact dough, wrap it in a plastic wrap and let it rest in the refrigerator for 30 minutes. Remove the dough from the fridge and shape it into cookies with your desired form. Bake in a preheated conventional oven at 180°C (around 350°F) for 10 minutes.





STUFFED POLENTA BALLS

INGREDIENTS (FOR 6 PEOPLE):

- 200 g of black corn flour for bramata polenta
- 100 g of fontina cheese
- 100 g of white onion
- 1 knob of butter
- Extra virgin olive oil
- White sesame seeds
- Black sesame seeds
- Salt to taste

PREPARATION:

Finely chop the onion and sauté it in a high-sided pan with a knob of butter until golden. Add the black corn flour and 800ml of hot water, stirring to combine. After 20 minutes, add the fontina cheese cut into cubes, mixing until it melts. Once the polenta is ready, transfer it onto a cutting board and let it cool completely. Once cooled, take small

amounts of polenta with wet hands and form balls the size of a walnut.

Roll the balls in the sesame seeds and place them on a baking sheet lined with parchment paper, spraying them lightly with oil. Bake at 180°C (around 350°F) in a fan oven for 10 minutes.



AREPA WITH PLANT-BASED GROUND

INGREDIENTS

FOR THE AREPAS (APPROX. 25 UNITS):

- 1 kg of precooked white corn flour
- 1.2 l of warm water
- salt to taste

PREPARATION:

Start by preparing the arepa dough. Pour the warm water into a bowl, add salt to taste, and gradually add the corn flour. Mix until you obtain a smooth and homogeneous dough. Cover the dough and let it rest for about half an hour. Meanwhile, prepare the filling: pour the entire contents of the plant-based mix for ground into a bowl. Add the water and the oil and mix until smooth. Prepare the sauté by heating the vegetables with one tablespoon of oil. Once ready, transfer the sautéed vegetables to the pan and cook for about 5 minutes, stirring constantly. Add the tomato paste and two glasses of

FOR THE FILLING:

- 250 g plant-based mix for ground
- 680 ml water
- 70 g extra-virgin olive oil
- 100 g sautéed vegetables (carrot, celery, onion)
- 8 tablespoons tomato paste
- Spices, vegetables, and herbs to taste (chili, onion, cherry tomatoes, parsley, etc.)

water and continue cooking until the sauce thickens. Season with salt, herbs, and spices to taste, and add any additional vegetables you like (onions, cherry tomatoes, etc.). Take the arepa dough and divide it into portions of about 90 g. Form balls roughly the size of your palm and knead them until smooth. Flatten them with your palm to obtain discs about 10 cm in diameter and 1 cm thick. In a hot pan, add some oil and fry the arepas for about 5 minutes on each side. Cut the arepas open lengthwise and fill them with the prepared vegetable minced meat.

TASTE AND VARIETY LEGUME FLOUR

In our supply chains, located in the best production areas between Lombardy, Emilia-Romagna, Tuscany and Puglia, we grow chickpeas, red lentils and green peas that we transform into our legume flours.

TASTE AND VARIETY LEGUME FLOUR



PRE-COOKED CHICKPEA FLOUR

Pre-cooked chickpea flour obtained from chickpeas grown in Tuscany, cultivated within production chains located in the best agricultural areas of Italy. The low-temperature pressure cooking process used in production preserves

the natural colour of the legumes while maintaining their valuable nutritional properties intact. This process results in a high-quality, versatile flour that is easy to work with and ideal for various culinary applications.

PROPERTIES:

- Fast cooking time
- Great elasticity and easy to handle
- High water absorption

CLAIMS:

- Gluten-free
- Soy-free
- GMO-free

AVAILABLE FORMAT:

WEIGHT: 800 g



CARTON OF: 10 PCS





CHICKPEA, SPINACH AND ROSEMARY FARINATA

INGREDIENTS:

- 200 g chickpea flour
- 600 ml water
- extra virgin olive oil to taste

PREPARATION:

Combine the chickpea flour with the cold water and add vegetable oil and salt. Wash and roughly chop the spinach, and then add them to the mixture. Heat the oven to 230C and heat the pan to be used for cooking the farinata.

- sprig of fresh rosemary
- 400 g baby spinach
- salt and pepper to taste

Grease the pan with a tablespoon of oil, pour in 2 ladles of the mixture and sprinkle the rosemary on top. Cook at 220° for about 10 minutes. Serve warm from the oven, as a starter or as a main dish.





FLAVOUR AND VARIETY

GLUTEN-FREE MIX

Thanks to the constant support of its internal Research and Development department and its state-of-the-art blending facilities, MartinoRossi is able to create gluten-free mixes specifically designed to produce various types of products, including baked goods, bakery items and pastries, as well as fresh and dried pasta.

FOCUS ON THE GLUTEN-FREE MARKET

The gluten-free trend is experiencing strong growth, with increasing demand representing around 10% of the global food market, valued at over \$7 billion. Growth forecasts indicate that the gluten-free sector will continue to expand significantly: it is estimated that the value of the global gluten-free market could reach around \$15 billion by 2030, with a compound annual growth rate (CAGR) of approximately 10%. This growth is driven by a growing consumer awareness of health, improved availability of certified products, and a focus on quality and safety, particularly regarding the prevention of cross-contamination from other allergens. For this reason, total control of the production chain is essential to ensure complete food safety.

FLAVOUR AND VARIETY

GLUTEN-FREE MIX



GLUTEN-FREE MIX FOR BREAD, PIZZA AND FOCACCIA

An ideal mix for preparing leavened doughs, such as focaccia, pizza and gluten-free bread. This product is extremely versatile: by preparing a single dough, it is possible to create various types of baked goods. The dough has excellent workability, reduced preparation times and high hydration (> 80%). This allows for great ease of use and excellent yield. It enables baked goods to be produced, which stand out for their high volume, excellent structure (good crumb) and excellent softness.

PROPERTIES:

- Gluten-free
- Soy-free
- Non-GMO

AVAILABLE FORMAT:



GLUTEN-FREE MIX FOR SWEETS

An ideal mix for preparing gluten-free treats, such as sponge cake, pound cake, muffins, pancakes and waffles. It is made with legumes and certified gluten-free oats and is characterised by its high versatility and ease of use. It is a source of fibre and is completely free from allergens and soy.

PROPERTIES:

- Gluten-free
- Soy-free
- Non-GMO

AVAILABLE FORMAT:



FLAVOUR AND VARIETY

GLUTEN-FREE MIX



GLUTEN-FREE MIX FOR FRESH PASTA

An ideal mix for preparing gluten-free egg pasta. This product is easy to use and allows you to obtain a smooth, highly workable, and elastic dough, just like traditional fresh pasta. The resulting dough also has a moisture level that prevents it from drying out too quickly. This facilitates the use of processing scraps, reducing waste and optimising costs. An extremely versatile product: with a single dough, it is possible to create various gluten-free products, such as fresh pasta in different shapes, stuffed pasta, lasagna and similar products.

PROPERTIES:

- Gluten-free
- Soy-free
- Non-GMO

AVAILABLE FORMAT:



GLUTEN-FREE FOCACCIA WITH SALT AND ROSEMARY

INGREDIENTS:

- 500 g gluten-free mix for pizza, bread and focaccia
- 420 g water
- 50 g extra virgin olive oil
- 25 g fresh brewer's yeast
- 7 g salt
- Rosemary
- Coarse salt

PREPARATION:

Pour the gluten-free mix into the bowl of a stand mixer fitted with a paddle attachment. Dissolve the yeast in warm water and gradually incorporate it into the gluten-free mix, mixing at medium speed. Add the olive oil and finally the salt. Continue to knead at a medium-high speed until you obtain a smooth and homogeneous mixture. Place 150 g of the dough in a previously greased round baking pan with a diameter of 23 cm. Using a spatula, shape the dough into a ball. Cover with a plastic wrap



and let it rise for at least 1 hour, until it doubles in size, preferably in a warm environment. Once the rising time is complete, use oiled fingertips to gently stretch the dough in the pan, creating dimples. Sprinkle the surface of the dough with oil, salt and rosemary to taste. Bake in a conventional oven at 200°C for 20-25 minutes.

GLUTEN-FREE MARGHERITA PIZZA

INGREDIENTS:

- 500 g gluten-free mix for bread, pizza and focaccia
- 420 g water
- 50 g extra virgin olive oil
- 25 g fresh yeast
- 7 g salt
- 400 g tomato sauce
- 200 g mozzarella
- Basil and rice flour as needed (to taste)

PREPARATION:

Dissolve the fresh yeast in warm water. Pour the gluten-free mix into a stand mixer and incorporate the water and yeast mixture. Add the oil and finally the salt. Knead until you obtain a smooth and homogeneous dough. Place the dough in an oiled bowl, cover with a plastic wrap, and let it rise in a warm environment (proofing chamber or an oven with the



light on) for at least 1 hour, until it doubles in volume. Divide the dough into balls of around 250 g each, sprinkle the work surface with rice flour, and roll out the dough. Pre-bake the base in a preheated oven at 230°C (450°F) for 4-5 minutes. Top with tomato sauce, mozzarella and basil, and finish baking at 200°C (392°F) for another 10-15 minutes.

GLUTEN-FREE FRESH PASTA

FOR EVERY 100 G

OF GLUTEN-FREE FRESH PASTA MIX, ADD:

- 90 g egg mixture
- 5 g sunflower oil
- Pinch of salt (optional)

PREPARATION:

Place the gluten-free pasta mix in a stand mixer with the paddle attachment, add the egg mixture and oil. Mix at a medium speed until the dough is smooth and homogeneous. Cover the dough with a plastic wrap and let it rest for 10 minutes at room temperature. Dust a work surface with the gluten-free pasta mix and knead the dough by hand, slowly incorporating more mix until you achieve the desired consistency. The dough should be soft but not sticky. Pass the dough through a pasta machine to the desired thickness. During this process, always cover the unused dough with a plastic wrap. Cooking times: 3-4 minutes for fresh pasta, 6 minutes for filled pasta. You can freeze or dry the fresh pasta and consume it later.



GLUTEN-FREE PLUM CAKE

INGREDIENTS (FOR 8-9 PLUM CAKES):

- 100 g gluten-free mix for pastries
- 70 g sugar
- 2 eggs at room temperature
- 50 g sunflower oil
- 100 g whole plain yogurt or, alternatively, plant-based yogurt
- 8 g baking powder
- Vanilla powder to taste

PREPARATION:

Pour the whole eggs and sugar into the bowl of a stand mixer fitted with a whisk attachment. Set the mixer to a medium-high speed and beat for around 10-15 minutes, until you achieve a light, fluffy and airy mixture. Add the yogurt and then slowly drizzle in the oil. Sift the pastry mix, baking powder and vanilla powder into the bowl and gently fold everything together, being careful not to deflate the mixture, until any lumps are eliminated. Pour the resulting mixture into a silicone loaf pan, filling it around two-thirds full. Bake in a preheated conventional oven at 180°C (356°F) for around 40 minutes. Remove the plum cakes from the oven and let them cool on a wire rack.



GLUTEN-FREE SPONGE CAKE

INGREDIENTS:

- 100 g gluten-free mix for pastries
- 100 g sugar
- 3 whole eggs at room temperature

PREPARATION:

Place the whole eggs and sugar into the bowl of a stand mixer fitted with a whisk attachment. Set the mixer to a medium-high speed and beat for around 15 minutes, until you achieve a light, fluffy and airy mixture. Sift in the pastry mix and gently fold everything together, being careful not to deflate the mixture, until any lumps are eliminated. Pour the batter into a previously oiled or buttered cake pan (e.g., 23 cm in diameter). Bake the sponge cake in a preheated conventional oven at 180°C (356°F) for around 15-20 minutes. Remove the sponge cake from the oven and let it cool on a wire rack before filling.



GLUTEN-FREE ROLLED SPONGE CAKE

INGREDIENTS:

- 100 g gluten-free mix for pastries
- 100 g sugar
- 3 whole eggs at room temperature

PREPARATION:

Place the whole eggs and sugar into the bowl of a stand mixer fitted with a whisk attachment. Set the mixer to a medium-high speed and beat for around 15 minutes, until you achieve a light, fluffy and airy mixture. Sift in the gluten-free pastry mix and gently fold everything together, being careful not to deflate the mixture, until any lumps are eliminated. Line a rectangular baking tray with parchment paper and pour in the batter, spreading it into a thin layer (around 1 cm high). Bake the sponge cake in a preheated conventional oven at 180°C (356°F) for around 13-15 minutes. Remove from the oven, immediately cover with a heat-resistant plastic wrap, and let it cool. Brush the inner surface with a syrup of your choice and add the filling. Roll the cake up gently, using the parchment paper to assist. Wrap the roll in parchment paper or a plastic wrap and refrigerate for a few hours before slicing.



GLUTEN-FREE PANCAKES

INGREDIENTS (FOR 6 PANCAKES):

- 240 g gluten-free mix for pastries
- 30 g sugar
- 1 egg at room temperature
- 50 g sunflower oil
- 250 g whole milk
- 7 g baking powder
- 7 g cream of tartar
- Vanilla powder and salt to taste

PREPARATION:

Place the whole egg, milk and oil into the bowl of a stand mixer fitted with a whisk attachment. Set the mixer to a medium-high speed and mix for 1-2 minutes, until a foam forms. In a separate bowl, combine the gluten-free mix, sugar, baking powder, cream of tartar, vanilla powder and salt. Sift the dry ingredients into the mixer bowl and blend until you have a smooth, homogeneous batter. Cover the batter with a plastic wrap and let it rest for around 10 minutes. Heat a non-stick pan and lightly grease it with a little oil or butter. Pour some batter into the pan, cooking for a couple of minutes on each side until golden brown.



GLUTEN-FREE WAFFLES

INGREDIENTS (FOR 6 WAFFLES):

- 200 g gluten-free mix for pastries
- 80 g sugar
- 2 eggs at room temperature
- 50 g butter
- 180 g whole milk
- 4 g baking powder
- Vanilla powder to taste
- Pinch of salt

PREPARATION:

Place the whole egg, milk and melted butter into the bowl of a stand mixer fitted with a whisk attachment. Set the mixer to a medium-high speed and mix for 1-2 minutes, until a foam forms. In a separate bowl, combine the gluten-free mix, sugar, baking powder, vanilla powder and salt. Sift the dry ingredients into the mixer bowl and blend until you have a smooth, homogeneous batter. Cover the batter with a plastic wrap and let it rest for around 10 minutes. Preheat the waffle iron. Pour the batter into the waffle iron and cook for around 4 minutes, until they are golden brown and crispy.





GLUTEN-FREE APPLE CAKE

INGREDIENTS:

- 300 g gluten-free mix for pastries
- 175 g sugar
- 3 eggs
- 250 g butter
- Milk to taste
- 150 g apricot jam
- 3 apples
- 1 packet of vanilla baking powder

PREPARATION:

Peel the apples and cut two of them into small cubes. Beat the eggs with the sugar until you obtain a fluffy mixture. Add the melted butter, the gluten-free mix, the baking powder and, finally, the jam. Mix everything well and, if necessary, add a

few tablespoons of milk to soften the batter. Pour the resulting batter into a cake pan, topping it with the third apple sliced thinly and a sprinkle of sugar. Bake in a preheated conventional oven at 160°C (320°F) for 30 minutes.



GLUTEN-FREE CHOCOLATE MUFFINS

INGREDIENTS (FOR 7-8 MUFFINS):

- 135 g gluten-free mix for pastries
- 80 g sugar
- 2 eggs at room temperature
- 50 g butter or, alternatively, margarine
- 100 g whole milk or, alternatively, plant-based milk
- 30 g unsweetened cocoa powder
- 60 g chocolate chips
- 8 g baking powder
- Vanilla powder to taste

PREPARATION:

Place the whole eggs and sugar into the bowl of a stand mixer fitted with a whisk attachment. Set the mixer to a medium speed and mix for around 1-2 minutes. Add the milk and melted butter. Sift in 130 g of the gluten-free mix, baking powder, cocoa powder and vanilla powder, and gently fold everything together until any lumps are eliminated. Use the remaining 5 g of mix to

dust 50g of chocolate chips and add them to the mixture. Stir until you have a homogeneous batter. Line a muffin tray with muffin cases and fill them with the batter. Use the remaining chocolate chips to garnish the tops of the muffins. Bake in a preheated conventional oven at 180°C (356°F) for around 20 minutes. Remove the muffins from the oven and let them cool.



NEW

SPREADABLE CREAM

NEW
MR.BEANS CHICKPEAS AND COCOA SPREAD



The Mr.Beans Chickpea and Cocoa Spread in the 800g format is designed for the Ho.Re.Ca channel, ideal for cafés, restaurants, hotels and pastry shops looking to offer a tasty and 100% plant-based alternative to traditional spreads. Made with selected Italian chickpeas and natural ingredients, it is gluten-free, dairy-free, palm oil-free and completely allergen-free, as it contains no hazelnuts,

which are replaced with toasted chickpeas. Its delicious cocoa flavour combines perfectly with the smooth, creamy texture of legumes, providing a versatile and high-quality solution for various professional preparations. Perfect as a filling for croissants, pancakes, waffles and crêpes, as a topping for yogurt, porridge or desserts, or as a base for artisanal sweets and creative recipes.

- PROPERTIES:
- 100% plant-based
 - Gluten-free
 - Dairy-free
 - Palm oil-free
 - Hazelnut-free
 - Source of fibre

AVAILABLE FORMAT:

WEIGHT: 800 g		BOX OF: 6 PCS	
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LOGISTIC PLAN						LOGISTIC PLAN							
Product code	EAN code	ITF14 code	Product description	Shelf Life	Format	Pcs/carton	Carton dimension (cm)	Layers	Carton/Layer	Carton/Pallet	Pcs/Pallet	Pallet Heigh	Pallet Weight
PLANT-BASED MIXES						PLANT-BASED MIXES							
1AFAXMRDX30U	8054314401215	18054314401212	Plant-based mix burger and veggie balls BEEF FLAVOUR	24 months	300g	10	23x39x23	7	10	70	700	178cm	260
1AFAXMRGX30U	8054314401222	18054314401229	Plant-based mix burger and veggie balls CHICKEN FLAVOUR	24 months	300g	10	23x39x23	7	10	70	700	178cm	260
1AFAXMRBX30U	8054314401239	18054314401236	Plant-based mix burger and veggie balls	24 months	300g	10	23x39x23	7	10	70	700	178cm	260
1AFAXMRKX25U	8054314401208	18054314401205	Plant-based mix GROUND	24 months	250g	10	23x39x23	7	10	70	700	178cm	225
1AFAX0PLX80U	8054314401406	18054314401403	Plant-based mix PROTEIN MASH	24 months	800g	10	23x39x23	7	10	70	700	178cm	610
1AFMREGGX50U	8054314401390	18054314401397	Plant-based mix EGG ALTERNATIVES	24 months	500g	10	23x39x23	7	10	70	700	178cm	400
1AFAXMNUX50U	18054314403018	18054314403018	Plant-based mix NUGGETS	24 months	500g	10	23x39x23	7	10	70	700	178cm	400
LEGUME FLOURS						LEGUME FLOURS							
1AFAGCEDIT80U	8054314400287	18054314400284	Chickpea flour	24 months	800g	10	23x39x23	7	10	70	700	178cm	610
CORN FLOURS						CORN FLOURS							
1APBTYCDITPKU	8054314400201	18054314400208	Steam pre-cooked yellow corn flour for bramata polenta	24 months	1kg	10	23x39x23	7	10	70	700	178cm	750
1APBTNCIITPKU	8054314400249	18054314400246	Steam pre-cooked corvino corn flour for bramata polenta	24 months	1kg	10	23x39x23	7	10	70	700	178cm	750
1APBNYCDITPKU	8054314400225	18054314400222	Raw yellow corn flour for bramata polenta	24 months	1kg	10	23x39x23	7	10	70	700	178cm	750
1APFTYCDITPKU	8054314400218	18054314400215	Steam pre-cooked yellow corn flour for fioretto polenta	24 months	1kg	10	23x39x23	7	10	70	700	178cm	750
1AF6TWCDITPKU	8054314401772	18054314401779	Pre-cooked white corn flour for arepas	24 months	1kg	10	23x39x23	7	10	70	700	178cm	750
GLUTEN FREE MIXES						GLUTEN FREE MIXES							
1AFANPPXX50U	8054314400584	18054314400581	Mix for bread, pizza and flatbread	24 months	500g	10	23x39x23	7	10	70	700	178cm	400
1AFANXPDX50U	8054314400591	18054314400598	Mix for cakes & pastry	24 months	500g	10	23x39x23	7	10	70	700	178cm	400
1AFANXPFX50U	8054314400607	18054314400604	Mix for fresh pasta	24 months	500g	10	23x39x23	7	10	70	700	178cm	400
MR.BEANS CHICKPEA AND COCOA SPREAD						MR.BEANS CHICKPEA AND COCOA SPREAD							
1AF6TWCDITPKU	8054314401772	18054314401779	Chickpea and cocoa spread	18 months	800g	6	26,5x34,5x26,5	6	9	54	324	180cm	350

NOTES



Handwriting practice lines on page 56.

NOTES



Handwriting practice lines on page 57.



★★★★

PROFESSIONAL

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