

Listen
to your
heart

06

viana

TOFUTOWN NEWS

VEGGIE LIFESTYLE NEWSLETTER FROM TOFUTOWN •

Tofutown.com is the organic foods company which produces your Viana products in the beautiful Volcanic Eifel region. In Tofutown only 100% vegetarian organic ingredients are used. Clean water, clean air and unspoiled nature for your foodstuffs.

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Recommended by leading cattle...

Fit with vegetable protein

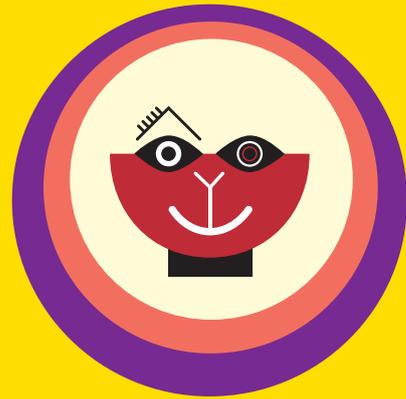
More and more people are letting their feelings decide. No matter whether they don't eat anything that has eyes or they feel that meat makes fat rather than fit, Viana has the 100% alternatives – to mince, too. Viana's mince alternatives provide the body with highly nutritive vegetable protein, without burdening it with cholesterol and animal fats. And the best thing is: you only need five minutes to conjure up a wonderfully delicious meal!



Time for a fry-up – ready in five minutes!

Bonanza Veggiesteak

Vivacious, spicy hot and delicious! Just the right thing for rural and urban cowboys and cowgirls. The Bonanza cook Hop Sing would have recommended it!



Good day,

The internet search engine Google finds unbelievable 396.000 hits for the English word „mince“ and 216.000 for “ground meat”. Incredible! Meat balls, bolognaise & co. clearly belong to the favourites. But did you know that mince is so sensitive that its very existence has to be regulated by the 32 page thick German Mince-meat Ordinance? Complicated, isn't it? Do you think everybody always understands that? If you'd rather eat lightly and less complicatedly, something recently came to my long ears. Viana's "veggie meat" specialists are always working indefatigably and incredibly innovatively on new varieties of veggie mince. Whether spicy hot or good old traditional style – Veggie mince is the answer. Delicious, juicy and tasty, just the way you want it. And so appetising that I as Tofu Mayor have no choice but to decree that all citizens should have veggie mince. You'd like some more? Help yourself!

Your Tofu Mayor
wishes bon appetit

P.S. By the way, Google delivers over 2 million hits for „tofu“!

Filled Veggiesteaks

Ingredients for 2 persons

1 package Viana Bonanza Veggiesteaks

1 package Viana Pizzarella

- Cut the Bonanza Veggiesteaks along the side, so that they can be opened flat.
- Fill the Veggiesteaks with thick slices of Pizzarella. You can also add a little finely chopped vegetables. Skewer the filled steak.
- Fry well as accustomed.
- As accompaniment roast potatoes or chips. And a fresh salad.

Preparation: 3 minutes

Cooking: 10 minutes

Veggiesteaks on skewers

for 2 persons

1 package Viana Bonanza Veggiesteaks

wooden skewers

salsa

- Fry, then dice the Veggiesteaks.
- Serve on skewers with a hot salsa.

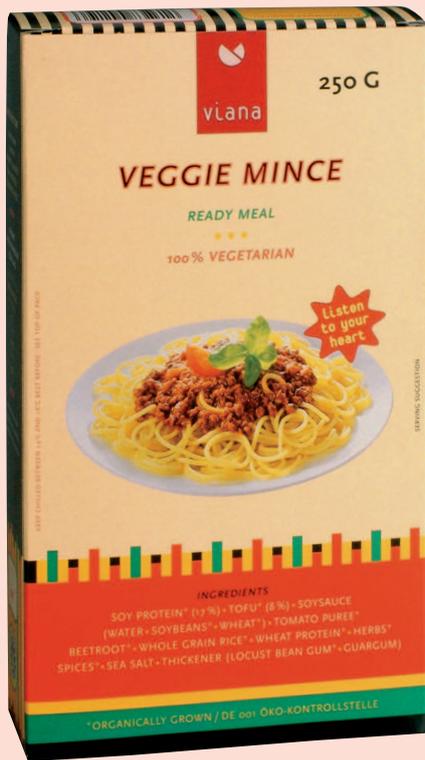
Equally ideal for a hot party (adjust the amount or we can assume no responsibility) or a cosy evening in front of the TV (perhaps with John Wayne?).

TOFUTOWN.COM GMBH

D-54578 TOFUTOWN WIESBAUM

TOFU FACT N° 4

High dioxin levels in animal products such as eggs, meat, dairy products or fish repeatedly make headlines. Unfortunately animals' bodies accumulate toxins almost like vacuum cleaners, since they need large amounts of plant fodder for growth and metabolism. Thus a lot of vegetable matter ends up as a small amount of meat or milk. 100% vegetarian foodstuffs, however, reach us humans without any detours and are therefore not only more ecological, but also generally much less contaminated. Which means good prospects for soy milk, tofu, veggie kebabs & co. ●



Veggie Mince

Not without reason one of Viana's most popular products! Just fry and enjoy, for instance with a baguette. Or use it to make spaghetti veggienaise, chilli non carne, veggie meatballs, etc., etc., etc.

If your old-fashioned carnivorous rellies drop in, Veggie Mince can save the day – for instance with peas and mashed potatoes as a good old meat-and-two-veg.

Tip

You can also use Veggie Mince for making vegetarian patties. Just add rolled oats and / or wholemeal wheat flour to make a patty dough.

For the courageous! Chilli con Veggie Mince in the Inspector Columbo version*

Fry the Veggie Mince with kidney beans, a dash of red wine and chilli sauce. If you're feeling really criminal, add whole red hot chilli peppers. Wash it all down with an espresso and then go hunt down some lawbreakers.

* the 70s cult Inspector with the worn face and the equally worn trench coat loves red hot chilli!

Lasagna Perilously Italian

Ingredients for 3 persons
12 lasagna sheets
250 g Viana Veggie Mince
1000 ml Viana SoActiv+Calcium (soy milk)
3 tbsp white almond paste
2 tbsp instant vegetable stock
2 tsp wheat flour type 1050
nutmeg
2 medium-sized onions

• Béchamel sauce

Béchamel sauce: Put Viana SoActiv+Calcium, almond paste and vegetable stock in a saucepan. Stir well and heat. Stir in the wheat flour and a pinch of nutmeg and bring briefly to the boil.

• Veggienaise

Bolognese sauce: dice the onions, chop the clove of garlic and the carrots and fry them all in olive oil. Add Viana Veggie Mince. Douse with white wine after 4 or 5 minutes and add the peeled tomatoes. Leave to simmer for about 10 minutes.

• Lasagne

Grease a casserole. Put in layers of béchamel sauce, uncooked lasagne sheets and bolognese sauce, the last layer being béchamel sauce. Bake the lasagne for 20 minutes at 250° (220° in a circulating oven) in a preheated oven. As accompaniment: a robust red wine.

TOFUISMUS N° 6

In a Tofu Body lives a Tofu Spirit.