

Instruction
For all not soo
like to eat meat



Cooking without Border

That is how it works: Cooking without borders



Kohlrabi Satay



Chicken Satay

This vegetable
is also meat



Kohlrabi liver



Pig's liver

That is how it works: Cooking without borders



Celery Steak



Pig Steak

This vegetable
is also meat



Beet gulasch



Rinds Gulasch

This celery is also a pork steak!

Already knew? You can also prepare any meat dish vegetarian! The goal is not that vegetables taste like meat, but treat it like meat! We call this method Vegievolution. With it you cook for vegetarians and meat eaters without separate effort and at the same time expand your cooking repertoire! We have found the right vegetables for every type of meat: Whether Zürischgeschnetzeltes, chicken, wok or beef fillet: Everything is feasible!

Use...



radish

as



chicken



eggplant

as



venison/lamb



beet

as



beef



Kohlrabi

as



veal



celery

as



pork

Cooking without borders For all not soo like to eat meat

Every child in Switzerland takes their pizza as they please, with what's there - the same applies to the global vegi cuisine: Whether pizza, wok or curry, in India, Japan, Africa or in America; Home-style cooking works the same all over the world: everything is cooked right now. For vegetarians: replace the meat with the appropriate vegetables from the RedLine table. The regional differences arise from the cooking fluids and spices! We will show you how to use the right spice mixture and cooking liquid to prepare the diverse foods of the world quickly and easily vegetarian.

Where do you want to travel today? Are you up for a Cambodia wok and Asian cuisine? Start with some seasonal and regional ingrediants from your fridge. For example in spring you use some aspargus and chicken from Switzerland, cook it with some coconut milk and the right amount of our RedLine cambodia seasoning. In autumn you take some yellow boletus, figs and chicken from Switzerland, cook it with coconut milk and our RedLine cambodia seasoning. The same ingredients can be used for a whole different dish if you choose another cooking liquid (for example cream) and another matching RedLine seasoning. Your cuisine will turn into a culinary world tour and your traditional dishes might taste even better!


REDLINE
**whatiam
cooking
today**
.com

Our product range
Your cooking idea



Canada
California
Cajun Mexiko
BBQ Kentucky
BBQ Süd Staaten
Caribbean Dip
Caribbean Curry
Costa Rica
Venezuela
Brasil
Paraguay
Argentina
Chile

Schweden Finland
Poulet 1 für Alles
Glühwein Deutschland
French Dressing Helvetica Ungarn
France Raclette Pizza Gemüsebouillon
Saucen & Suppen 1 für Alles Italian Dressing
St.-Tropez Toscana 6 Pfeffer
Espagna Griechenland
Feuriges Süss Sizilien Dip

Marokko
Senegal
Kongo
South Africa Curry
South Africa BBQ

Kosaken BBQ
Scharfmacher Orient
Tempura
Rogan Josh Curry
Tandoori
Madras Curry
South India Curry
Ceylon Curry

Peking
Korea
Yakitori
Szechuan
Chili Dip
Asia Dip
Vietnam
Yellow Thai Curry
Green Thai Curry
Red Thai Curry
Mekong
Thai
Sweet Chili
Chili Dip
Bali Curry
Australia Lemon Pepper
Australia BBQ

Every world specialty Vegetarian cooked

The basic ingredients are the same everywhere on earth, the difference is the spices! This realization opens up completely new possibilities for your kitchen!

What has a Thai wok with a Zurich Geschnetzelten together and what has a Sparerib with a kohlrabi in common? More than you think! The basic ingredients of the world's kitchens are everywhere very similar or the same. A chicken stays a chicken, but you can get it with water, cream, tomatoes, soy or prepare coconut milk! A chicken with cream is typically Swiss, a chicken with coconut milk typical Thai wok. So we can only go through the exchange of cooking liquid and spice mix prepare the dishes of the world from every ingredient.

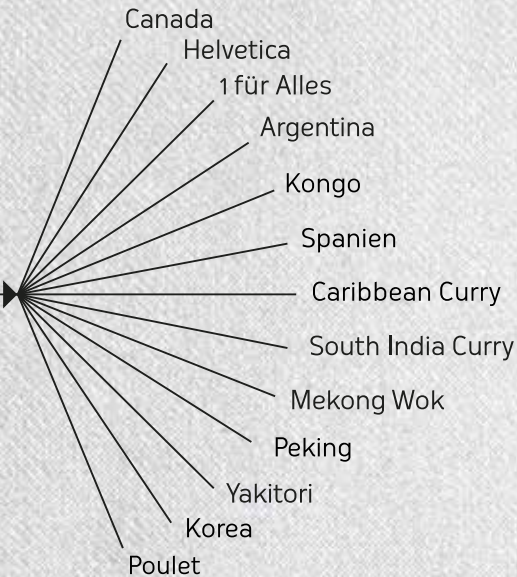
This principle can also be reversed apply: Instead of vegetarian guests their own to create a dish, just replace the meat with a vegetable - the preparation and side dishes they do not have to adapt: a beef with mushroom cream sauce can also be a kohlrabi with mushroom cream sauce! Do not be scared off as a vegetarian a dish that contains meat. The same applies Dishes with fish or other ingredients. Easy to-replace, keep the rest of the preparation and it fits your taste. For more tips visit one of our free loose cooking classes - We show you the dishes of World and how you can prepare this easily.

Grill or sauce dish?

Worldwide there are two different ways of food preparation

1. Grill dish

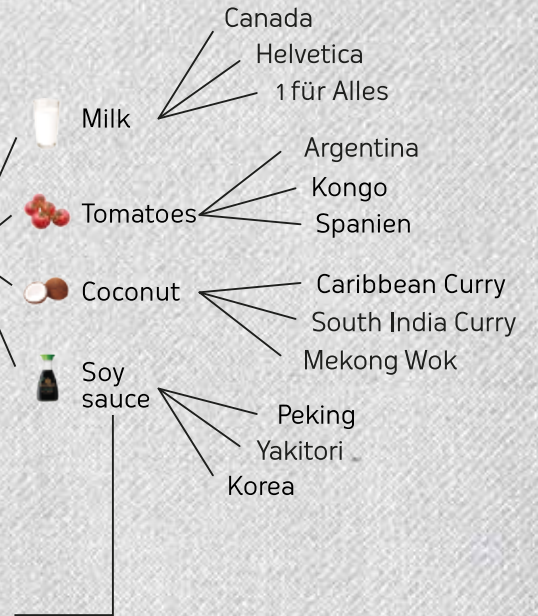
Celery with champignons



If you decide to grill some food products, the concept of the worldwide kitchen is simple: Simply grill or roast veggies. Example: Season or marinate a celery steak with the country specific spices (Redline) and serve the dish with baked potatoes. And remember: Anywhere and everywhere in this world people grill and roast their food, it does not matter what combination (for example asparagus and Canada) you choose, just try it out!

2. Sauce dish

sliced celery and cream



Cooking liquids

Worldwide there are 4 different cooking liquids and they can be used and mixed differently depending on the region. In Switzerland people use cream to cook. Italians use tomatoes to cook while in Switzerland we make a tomato soup out of tomatoes and cream. This is a first type of mixed kitchen.

Milk / cream
Canada, Scandinavia, Switzerland, Russia



Coconut
Tropics, south east asia, Caribbean, Madagascar...



Tomatoes
Latin and African countries, South America, Spain



Soy sauce
Far East, China, Japan, Korea

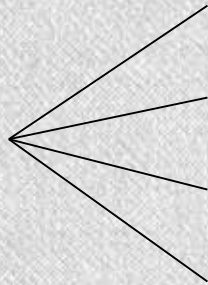


Surprisingly convenient: Worldwide cooking made easy

Country typical cuisine



Kohlrabi strips
with mushrooms



Spices

- + Redline Helvetica
- + Redline Argentina
- + Redline South India
- + Redline Sweet Chili

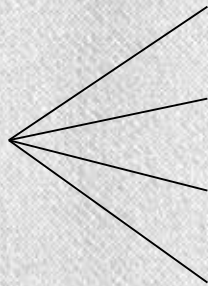
Choose your cooking liquid after its geographical origin!

- + Milk/cream  = Zurich "Geschnetzeltes"
- + Tomatoes  = Argentinian Stew
- + Coconut milk  = South Indian Curry
- + Soy sauce  = Chinese Wok

Mixed kitchen



Kohlrabi strips
with mushrooms



Spices

- + Redline South Africa
- + Redline South Africa
- + Redline South Africa
- + Redline South Africa

Choose the cooking liquid you like! Try something new!

- + Milk/cream  = Kohlrabi strips with cream
- + Tomatoes  = Kohlrabi strips with tomatoes
- + Coconut milk  = Kohlrabi strips with coconut milk
- + Soy sauce  = Kohlrabi strips with soy sauce


Surprisingly convenient: Choose the right seasoning

Example of use 1

Kentucky Steak

Proportion of spices/kg on the label
Differs depending on the region

900g meat/vegetables
+ 80g water
+ 5g oil
= **985g total weight**

+ **30g Kentucky BBQ** 

Mix it in a bag!

Have you marinated your celery with the spices and it still tastes dry and flavorless? You probably used oil instead of water to marinate your chicken. vegetables contains a lot of water but oil and water don't mix. This is why you should always **use water to marinate** your vegetables to enjoy a tasty, tender and succulent meal.

Tip1: marinate 1kg of vegetable approximately 1 day
Tip2: You can marinate and keep vegetable until its expiry date

- Use our RedLine precision scale
- Weight food and liquids
- Add the spices as it says it on the label
- Cook or grill it and enjoy!

What delights your guests?
5h for one meal or 5 meals in one hour? Pay attention to how much time you spend seasoning your food. 30-90% of the time we cook is used for seasoning. Correct seasoning is an art on its own, that's why we give you the know how. Use the specified amount of spices indicated on the label per kg food: You will cook more efficient and have more time to enjoy your meal. Try it!




REDLINE
precision scale:


Thanks to a highly sensitive weight recording from 0.1g, 3 storable weights and a programmable switch-off time, the RedLine scale makes it possible to cook precisely, time saving and simple. Available in the whatiamcookingtoday.com shop

Example of use 2

Swiss Mashed potatoes

Proportion of spices/kg on the label
Differs depending on the region

500g potatoes
+ 3dl milk (300g)
= **800g total weight**

+ **8g Helvetica** 

Mix it in a bag!

Info: On the maldives they use the same spices for mashed potatoes as in Switzerland but they use coconut milk instead of normal milk.

Tip1: For a good flavor release always add one drop of oil.
Tip2: Weight of liquids: 1dl = 100g

Surprisingly convenient: Purchase and stock

Seasonal and regional

Humans all over the world have almost the same cooking techniques and staples. Whether it is rice, corn, potatoes, meat, fish, vegetables or fruit, fire, water, wok or frying pan, the only differences are the flavors and spices. Create 50 dishes out of potatoes, we show you how. For that make sure to have all the right staples in your pantry. Simply buy seasonal, fresh and regional ingredients.

Basic stock

We recommend the following food products for a worldwide cuisine: Oil, vinegar, salt, sugar, flour, cornflour, red wine, white wine, mayonnaise, ketchup, fish, meat, different rice varieties, different types of pasta and asia noodles, polenta, potatoes, onions, garlic, carrots, seasonal vegetables, eggs, butter, cheese, pickles, yeast, dried mushrooms, soy sauce, coconut milk, cream and tomato sauce. Spices for a typical Swiss cuisine: RedLine Helvetica and 1 für Alles, Geflügel.



Stock for vegis

We recommend having one of our so-called meat vegetables in stock.