



Luca Dall'Omo | Cesarin Recipe Book





# Stabilised Vegetables were invented by us!



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Stabilisation is an innovative system developed by Cesarin S.p.A., which allows preservation of vegetables through the partial inhibition of activity in the water present in fresh raw materials.

To achieve this result, the company has drawn on more than a century of experience in fruit processing.

Stabilised vegetables are obtained from plants harvested by hand only, at the right stage of ripeness, to ensure a high quality standard. The raw material is checked and selected, and cleansed from impurities and any foreign objects commonly found in fresh vegetables.

**The stabilised vegetables are produced with natural ingredients (vegetables, glucose and salt) with no added colours or preservatives.**

Stabilised Vegetables are an alternative ingredient to frozen or dehydrated vegetables, but perform better in terms of taste, as well as water activity (W.A.) and resistance to mechanical stress.

**Compared with dehydrated vegetables** stabilised vegetables taste better, and have a less fibrous structure, which makes them more palatable.

**Compared with frozen vegetables** the release of water in stabilised vegetables is decidedly more contained and they have greater resistance to mechanical stress, while maintaining a good taste.

Before use, it is advisable to rehydrate Stabilised Vegetables with 40/50% water, excluding olives in granules.

**All our products are GMO-free and do not contain allergens.**



“ Luca Dall’Omo, an eclectic pastry chef from Verona, is one of the major benchmarks in Italian confectionery. Following in his Italian and French footsteps, he also furthered his education abroad alongside the great world-famous masters, from Shanghai, Moscow and Miami. In 1996 he won the gold medal at the Ika Olympics in Berlin, in 1998 he earned the third place at the World Cup Expogast Luxembourg and in 2014 a bronze medal at the World Cup once again at Expogast Luxembourg. He is currently owner of a Veronese confectioners which has his name and it is recommended by Gambero Rosso, his motto is to “achieve excellence in taste without trickery” meaning in a healthy and natural way by sourcing raw materials, focusing on quality, origin and processing method.

”



**Tip**

Choose appealing packaging and make your products a lot more than tasty snacks. Simply fantastic!

*Savoury snacks with vegetables*



**Tip**

Rehydrate the vegetables with 40-50% water for an outstanding result.

## Basic dough for savoury snacks

INGREDIENTS	AMOUNT
Butter	3.000 g.
Flour	4.000 g.
Leavening agent	88 g.
Wheat germ	1.000 g.
Maltitol	500 g.
Parmesan	1.250 g.
Yolk	750 g.
Milk	500 g.
Salt	30 g.
Cornflour	300 g.

### Recipe

Mix together butter, egg yolk and salt.

Add milk and mix the remaining ingredients adding a little at a time.

To the basic dough (1.000 g.) add the HG Cesarin vegetables to give to the savoury snack the desired flavour.



### Capers, tomato and oregano

Ingredients	Amount
Basic dough	1.000 g.
Capers	75 g.
HG 10 Tomato	175 g.
Oregano	3 g.

### Black olives or green olives

Ingredients	Amount
Basic dough	1.000 g.
HG Olive granules	200 g.





### Aubergine, tomato and poppy seeds

Ingredients	Amount
Basic dough	1.000 g.
Aubergine HG 10	175 g.
Tomato HG 20 P6	50 g.
Poppy seeds	as required



### Zucchini, tomato and poppy seeds

Ingredients	Amount
Basic dough	1.000 g.
Zucchini HG 10	175 g.
Sesame	as required



### Peppers

Ingredients	Amount
Basic dough	1.000 g.
Yellow pepper HG 10	100 g.
Red pepper HG 10	100 g.



*Quiche Lorraine*

The image features a collage of food items. On the left, there are several slices of bread, some with a yellow filling and red toppings. In the center, a white bowl contains a vegetable salad with green and yellow pieces. On the right, there is a stack of bread with a dark, textured filling. The background is white.

**Tip**

Play with the mould shapes: round or rectangular to vary the look, not only the taste.

**Tip**

Also, use Cesarin Vegetables as decoration.

## Basic dough Quiche Lorraine

### Cheese Sable base

INGREDIENTS	AMOUNT
Butter	360 g.
Flour	400 g.
Starch	200 g.
Parmesan cheese	70 g.
Eggs	80 g.
Water	40 g.
Sugar	25 g.
Salt	6 g.

### Recipe

Mix together butter, sugar and salt.  
Add the eggs and water, then the flour, Parmesan and starch.

### Quiche base

INGREDIENTS	AMOUNT
Eggs	600 g.
Cream	1.000 g.
Salt	10 g.
Pepper	3 g.
Cesarin HG Vegetables	<i>min. 400 g. - max 550 g.</i>

### Recipe

In this order, add the eggs, salt, pepper and mix well.  
Add HG Vegetables as desired to obtain the desired flavour.



### Aubergine and poppy seeds

If you want a more Mediterranean flavour also add HG Tomatoes.



### Red peppers

You can choose to also use green or yellow peppers or all three together.

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### Zucchini and sesame

In addition to flavour, the seeds provide rich nutritional properties.





*Focaccia and flattened bread*



**Tip**

With the same dough,  
you can provide practical  
portions or tasty trays.  
Ideal for brunch!

## Focaccia Basic dough

INGREDIENTS	AMOUNT
Flour	1.000 g.
Water	350 g.
Milk	250 g.
Natural yeast *	40 g.
Salt	30 g.
Sugar	50 g.
E.V.O. oil	50 g.

### Recipe

Heat water and milk until it reaches a temperature of 30°  
 Mix together all ingredients (yeast, salt, oil, sugar and flour).  
 Add the HG Vegetables.

\* Alternatively, you can use 5% yeast for 1 kg of flour.

#### Black olives and sage - green olives and bay leaves

Ingredients	Amount
Basic dough	1.000 g.
Olive HG Rounds	440 g.
Sage or Bay Leaf	as required

#### Peppers and rosemary

Basic dough	1.000 g.
Red peppers HG	440 g.
Yellow peppers HG	440 g.
Rosemary	as required

#### Capers, tomato, oregano

Basic dough	1.000 g.
Tomato HG 20	400 g.
Capers	100 g.
Oregano	as required

#### Aubergine, tomato, basil

Basic dough	1.000 g.
Tomato HG 20	100 g.
Aubergine HG 10	400 g.
Basil	as required





## Grissini basic dough

INGREDIENTS	AMOUNT
Flour	1.000 g.
Water	460 g.
Butter	160 g.
Natural yeast	50 g.
Salt	20 g.
E.V.O. oil	40 g.

### Recipe

Stir together water, yeast, flour, salt, butter and oil.  
Add HG Vegetables and herbs and let rise until doubled.

#### Olives

Basic dough	1.000 g.
Olive HG granules	400 g.

#### Peppers and oregano

Basic dough	1.000 g.
Yellow peppers HG	400 g.
Oregano	as required

#### Capers, tomato, oregano

Basic dough	1.000 g.
Tomato HG	400 g.
Capers	60 g.
Oregano	as required





**Tip**

Every day invent new combinations with HG Vegetables, seeds and fresh spices.

*Crackers*



## Basic dough Crackers

INGREDIENTS	AMOUNT
Flour	1.000 g.
Water	400 g.
Butter	80 g.
Salt	20 g.
Sugar	20 g.
Yeast	50 g.

## Basic dough Crackers Gluten intolerant

INGREDIENTS	AMOUNT
Rice flour	500 g.
Butter	40 g.
Water	200 g.
Milk	10 g.
Sugar	10 g.
Yeast	25 g.

## Recipe

Stir together water, yeast, flour, sugar, butter and salt. Add HG Vegetables and aromas.

### Aubergine and Poppy

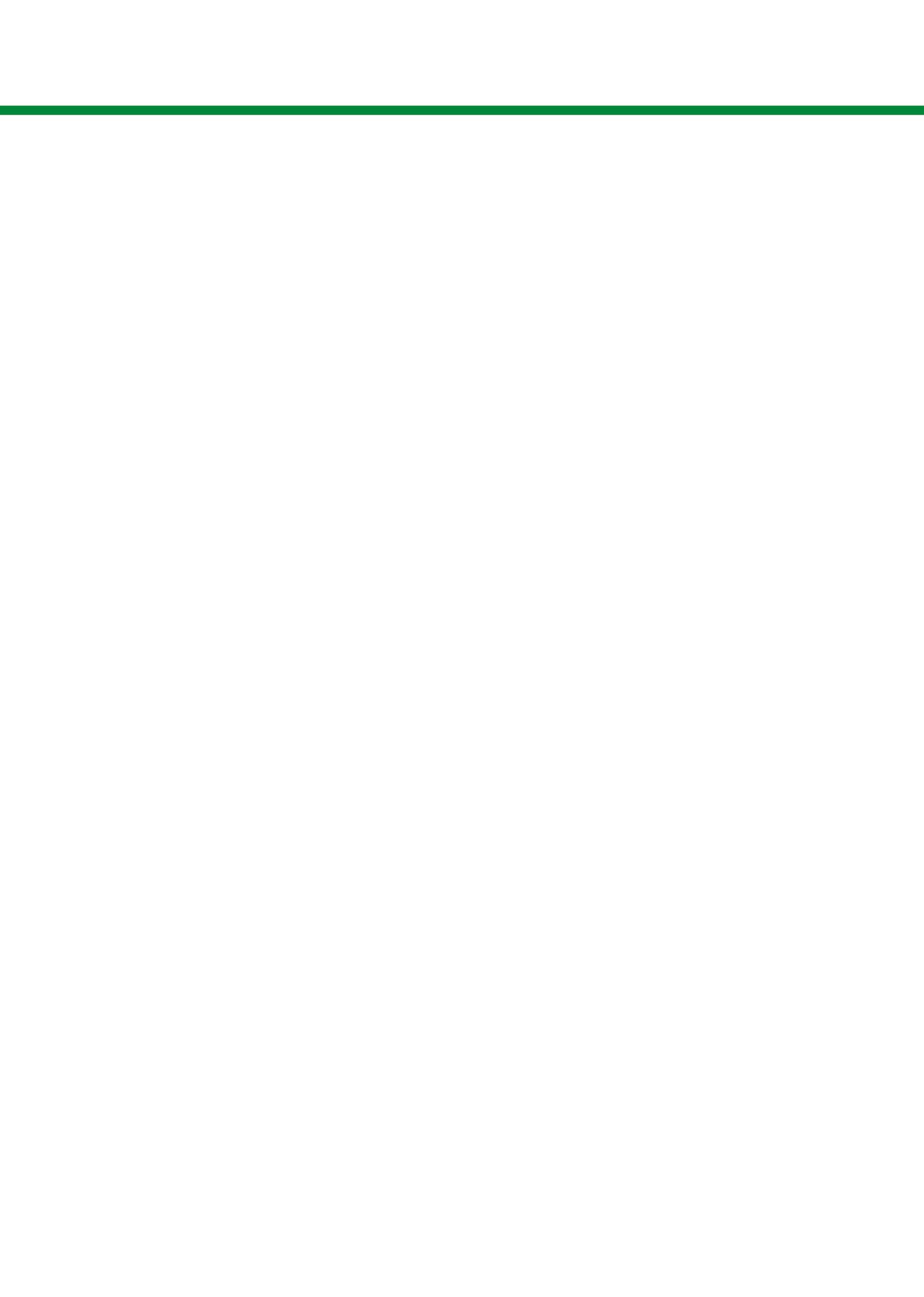
Basic dough	1.000 g.
Aubergine HG 10	250 g.
Poppy seeds	as required

### Zucchini e sesame

Basic dough	1.000 g.
Zucchini HG 10	250 g.
Sesame	as required

### Black olives or green olives

Basic dough	1.000 g.
Olive HG granules	250 g.



# HG Vegetables

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The HG Vegetables are comparable to dehydrated vegetables for ease of use and storage and for the remarkable resistance to mechanical stress in the processing phase. Unlike dehydrated vegetables they are definitely winners from the organoleptic point of view because, thanks to the exclusive technology developed by Cesarin Spa, the result is an ingredient with a W.A. of less than 0.6 that maintains much of its edible component. The structure of HG Vegetables is less fibrous than dehydrated products.

All products in the range are GMO free and do not contain allergens as well as being made with natural ingredients (vegetables, sugar and salt) without the addition of colorants and preservatives.



Cherry tomato  
HG20 piece (P6-P8)



Tomato  
HG10 cubes (6x6)



Yellow pepper  
HG10 piece (3-5)



Red pepper  
HG10 piece (3-5)



Green pepper  
HG10 piece (3-5)



Aubergine  
HG10 piece (3-5)



Zucchini  
HG10 piece (3-5)



Green Olive  
HG10 round



Green Olive  
HG10 granules



Black Olive  
HG10 round



Black Olive  
HG10 granules



*Cesarin Family*



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