



De  
**Hobbit**  
food for freedom

CATALOGUE

**CARE FOR THE  
PRODUCT, NATURE  
AND HUMANKIND  
- THAT'S DE HOBBIT**



# DE HOBBIT

In 1983 De Hobbit made a name for itself in the world of organic plant-based food. It all started with tempeh, a meat substitute made from fermented soybeans. Convinced of the many benefits of plant-based food, we soon expanded our range to include seitan, tofu and - more recently - products made from lupin beans and hemp. Today we produce more than 40 delicious vegan foods, including spreads and burgers.

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De Hobbit is 100% organic and believes wholeheartedly in the transparency and safety of the food chain. Organic means a natural approach: from growing the raw produce to packing the end product and distributing it to the consumer. No artificial additives, no genetic modification. We also stand squarely behind the principles of fair trade to assure the welfare of the growers.

De Hobbit is seen as a pioneer in plant-based alternatives, of which we are rightly proud. The brand is all about the development of innovative methods to improve the welfare of humankind and the planet.

It is our mission to supply top quality, healthy, and, above all, delicious alternatives to meat.

# INTERESTED?

Are you interested in delicious food or do you maybe own an organic store yourself?

You may have been a fan of our products for years, or been cooking with them or selling them already.

Either way, in this catalogue you will find a complete overview of our products, to discover all of them!



*Please feel free  
to contact us*



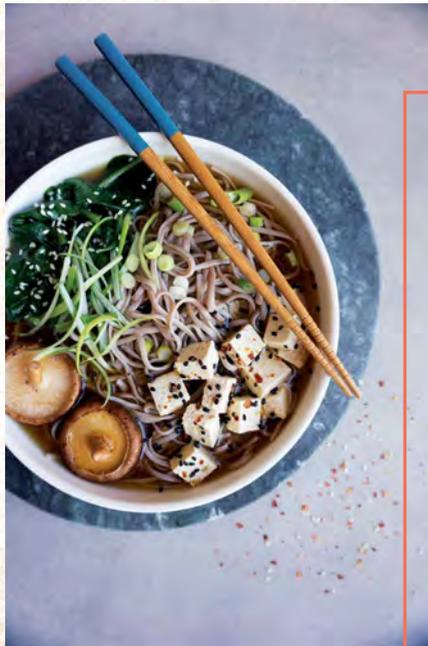
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# TOFU

## CURDLED SOY MILK



Tofu, which has been a popular product in the East for centuries, is a soy based substitute for meat. It is made from curds of soy milk, created through the addition of natural mineral coagulants (in sea salt), which are based on calcium and magnesium.

One of tofu's most prized qualities is its versatility. A sort of culinary chameleon, it can absorb just about any flavour. It is a soft and creamy meat substitute, which can be easily crushed, mixed, crumbled, and used for sauces and dressings.



TOFU RANGE		
00100	Tofu* 8x270g	Meat substitute made from soybeans.
00100	Tofu* 5x550g	Meat substitute made from soybeans.
00200	Minced Tofu* 8x180g	A pre-fried and minced form of tofu.
00300	Spicy Tofu Strips* 8x200g	Pre-fried tofu strips with a spicy flavour.
00400	Mildly Spiced Tofu Strips* 8x200g	Pre-fried tofu strips, lightly spiced.
00600	Smoked Tofu* 8x200g	Tofu, naturally smoked.
01100	Tofu Curry 8x250g	Tofu marinated with curry.
01300	Tofu Hazelnuts 8x200g	Pre-fried tofu with hazelnuts.
70100	Silken Tofu 8x300g	A soft and silky version of our regular tofu, with a soft, creamy texture. Ideal for sweet or savoury dishes.

\*also available in bulk packaging



# TEMPEH

## FERMENTED SOYBEANS



Tempeh is originally an Indonesian food that consists of soft-boiled soy beans that have been fermented by adding a human-friendly fungus. Thanks to this fermentation process, the beans remain bound together. It also improves the digestibility of the soybeans.

### TEMPEH RANGE

10100	Tempeh* 6x200g	Fermented soybeans.
11800	Tempeh Bloc 10x200g	Fermented soybeans.
10200	Smoked Tempeh* 6x170g	Naturally smoked tempeh.
10300	Tempeh Bacon 6x120g	Tempeh, sliced and marinated. Ideal as bacon or ham substitute.
11000	Minced Tempeh 8x170g	Tempeh in minced form.
11100	Tempeh Chakalaka 6x175g	Pre-fried tempeh cubes marinated in chakalaka sauce (based on tomatoes, onion and peppers).
11200	Tempeh Shoarma 6x175g	Pre-fried tempeh cubes marinated and seasoned with paprika, curry and coriander.

\*also available in bulk packaging

### ★ 3 TEMPEH TIPS ☆

- ▶ Slice thinly and fry on both sides in a generous amount of oil. Pour over a marinade of shoyu and herbs and cook until reduced; or
- ▶ Slice thickly and marinate in water, salt and garlic. Leave to dry, then coat in flour or corn flour and deep fry. Serve with a sauce or in a spicy casserole; or
- ▶ Cut the tempeh into small cubes and add to soups or stir-fries.



# SEITAN

WHEAT PROTEINS



Seitan is made by cooking the proteins of the wheat (gluten) in a mineral-rich broth based on soy sauce. This ensures a high content of trace elements (minerals) and a high absorption (67%) of the proteins in the body. You can enhance the absorbability by combining seitan with legumes in your meal.



## SEITAN RANGE

20100	Seitan* 6x200g	Seitan in slices.
20200	Minced Seitan* 6x200g	Minced form of seitan.
20300	Seitan Suprême* 6x200g	Seitan suprême is made from extra succulent, subtly flavoured cubes of seitan.

\*also available in bulk packaging

## ★ 2 SEITAN TIPS ☆

- ▶ Slice the seitan into fine or very fine strips. Ideal for stir-fries and vegetarian pita bread fillings; or
- ▶ Cut into thick slices (or use ready-sliced seitan). Rub in a small amount of ginger or mustard powder. Pan fry the seitan with finely sliced onion until browned and crispy.



# LUPIN



Lupeh is the little brother of tempeh, based on lupin instead of soy. Lupeh is made from soft-boiled lupin beans that are fermented with a human-friendly fungus. The fermentation binds the beans and breaks the proteins into pieces, which makes the lupin even more digestible.



Lupin is a legume that has been cultivated for thousands of years. Lupin plants were a major source of food in the Mediterranean, as well as in Central and South America. The lupin beans were initially used as an animal feed, but people soon realised their nutritional benefits to humans.

Not only that, lupin grows well in Europe, which makes it a local protein source!

## LUPEH RANGE

10500	Lupeh 6x170g	Tempeh, made from lupin beans.
62000	Lupin Burger Goulash* 6x150g	This tasty burger contains a mix of tomatoes, paprika, Provençal herbs and lupin.
62100	Lupin Burger Tajine 6x150g	An intense taste of sweet potatoes, paprika, dates and lupin.

\*also available in bulk packaging

## ★ 3 LUPEH TIPS ☆

- ▶ Thinly slice the lupeh lengthways. In a bowl mix some flour, breadcrumbs and herbs (oregano, pepper, salt and garlic). Dip the lupeh in a non-dairy milk and coat with the flour mixture. Fry in hot oil until crispy; or
- ▶ Make a marinade with shoyu, rice syrup, paprika powder, sesame oil and water. Preheat the oven to 180°C and bake the marinated slices of lupeh until the water has evaporated; or
- ▶ Make a mixture with the juice of 2 oranges, orange zest, grated ginger, 1 pressed clove of garlic, 2 teaspoons of soy sauce and 2 teaspoons of the syrup. Marinate the lupeh cubes in this mixture for half an hour. Pan fry until the marinade is absorbed.



# HEMP



Hemp seeds are claimed to be the most complete food for humans. They can be eaten raw and have a nutty flavor. The large amount of proteins (30 to 35%) makes hemp seeds an excellent meat substitute. At De Hobbit, we use hemp to make tofu (or 'Hempfu'), and delicious burgers.

HEMP RANGE		
00800	Hempfu 8x200g	Tofu, made from hemp seeds instead of of soy.
63000	Hemp Burger Paprika 6x150g	Burger made from hemp seeds with roasted peppers.
63100	Hemp Burger Lentil 6x150g	Burger made from hemp seeds with lentils.
63200	Hemp Burger Seaweed 6x150g	Burger made from hemp seeds with seaweed.
70300	Hemp seed 6x200g	Shelled hemp seeds.



# SALADS

## SALAD RANGE

40600	Asparagus salad 6x170g	Tofu salad with smoked tempeh and asparagus.
41100	Seitan Préparé 6x170g	Seitan salad with tomatoes and vegetables.
41200	Almond-Leek* 6x170g	Tofu salad with leek, almonds and minced seitan.
48000	Red pepper- Basil* 6x170g	Southern spread with roasted peppers and basil.
48100	Peas-Mint* 6x170g	A fresh pea spread with a subtle touch of mint.
48200	Red beans-Chili 6x170g	A mild chili with delicious red beans.
48300	Carrot-Ginger* 6x170g	A warm taste of carrot and ginger.

\*also available in bulk packaging



Our salads are delicious as a sandwich spread, but also as a seasoning in your salads or dishes.



# DIPS

## DIPS RANGE

50100	Hummus 6x170g	Chickpea mixture with lemon.
51600	Olive Hummus 6x170g	Hummus with black olives.
51700	Hummus Tradition 6x170g	Traditional hummus with tahini.
50400	Hummus Kale 6x170g	Hummus with kale.
50500	Hummus Paprika 6x170g	Hummus with roasted peppers.
51100	Hummus Ras el Hanout 6x170g	Chickpea dip with ras el hanout herbs.
50300	Eggplant 6x170g	Roasted eggplant dip with tahini.
50600	Caviar d'aubergines 6x170g	Aubergine caviar with sweet peppers and minced seitan.
52000	Muhammara 6x170g	Spicy bell pepper dip with walnuts.

These dips can be used as a dipping sauce (with tortillas, vegetables, etc.). They are also delicious as a spread.



# CREAMS

## CREAMS RANGE

55300 Broccoli 6x170g Tofu cream with broccoli.

55600 Tofu Tzatziki 6x170g Tofu cream with fresh cucumber.

55700 Tofu Pesto 6x170g Tofu cream with fine herbs.



Our soft creams are perfect as a sandwich spread. They also fit in your soup as an alternative to vegetable cream, and flavor your sauces.



# BURGERS

## BURGER RANGE

60000 Falafel 6x(4x60g) Mediterranean meat substitute made from chickpeas.

62000 Lupin Burger Tajine 6x150g An intense taste of sweet potatoes, paprika, dates and lupin.

62100 Lupin Burger Goulash 6x150g\* This tasty burger contains a mix of tomatoes, paprika, Provençal herbs and lupin.

62200 Natto-Vegetable Burger 6x180g Burger based on natto and vegetables.

63000 Hemp Burger Paprika 6x150g Burger made from hemp seeds with roasted peppers.

63100 Hemp Burger Lentil 6x150g Burger made from hemp seeds with lentils.

63200 Hemp Burger Seaweed 6x150g Burger made from hemp seeds with seaweed.

\*also available in bulk packaging

Our Hobbit burgers are 100% vegan. These burgers are ideal in combination with our Hobbit dips.



# SPECIALITIES

## SPECIALITIES RANGE

87100	Natto 6x150g	Fermented soybeans.
70300	Hemp seed 6x200g	Shelled hemp seeds.
70100	Vegetable bouillon* 6x200g	Bouillon with only 25% salt.
70200	Tomato bouillon 6x200g	Bouillon with only 25% salt, and tomatoes.

\*also available in bulk packaging



### Broths:

Use 2 spoons per cup of water for a stock soup, or add to dishes as extra seasoning.



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All our products are organic and certified by Certisys BE-Bio-01.

