

Lotus Foods Ltd.

Contributors

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Publication/Creation

London : Lotus Foods, 1977.

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LOTUS FOODS LTD.

LOTUS FOODS LTD. is a new company formed with the specific intention of trying to help you, the consumer, with your own problems in endeavouring to give yourself and your family nutritious food within the reach of your financial budget.



We start with a limited range of specially selected high quality foods to suit not only the would-be Vegetarian but those who simply cannot afford to buy meat any more.

Dorothy Forster

Recommends:

1. LOTUS Textured vegetable protein — This is a top quality extruded (not knitted) Tvp for use in savoury dishes as a meat alternative or meat extender. Flavoured or Unflavoured Mince, Natural Chipleets, Chunks or Slices.
See over for nutritional analysis.
2. LOTUS LIQUID VEGETARIAN RENNET — for making Junket. This is the first time such a product has been available to the public. Now a vegetarian can serve Junket and Cream in the traditional style of our grandmothers — or add any flavour of your choice.
3. LOTUS SOYA SPLITS. These are partially cooked Soya Beans. They save the housewife cooking time (only 20 mins. after soaking) and fuel costs, whilst retaining an interesting texture similar to peanuts. They are ideal as a natural source of protein in, for example, a vegetable stew.
Calories — average 100 per oz.
4. LOTUS "SEA MAGIC" — By the discriminating use of Lotus ground Dulse in conjunction with Lotus Tvp dishes to replace fish can be produced which are both interesting and nourishing. Try this with traditional fish sauces such as green parsley, or Fennel or Dill (see recipe sheet).
"The sea contains all the minerals the human body needs." (James Hewitt, "About Foods", 1964.)

Typical Analysis of Unflavoured Lotus Tvp Mince in dry state:

Protein	51%	Fat	3%
Moisture	10%	Ash	6%
Carbohydrate	30% — (Fibre 4%)		

Amino Acid Profile g/100g of product			
Lysine	3.2	Histidine	1.4
Threonine	2.1	Valine	2.5
Methionine	0.7	Leucine	3.8
Phenylalanine	2.6	Isoleucine	2.3
Tryptophane	0.7		

Minerals mg/100g of product

Magnesium	240
Iron	10
Calcium	300

Vitamins of the B Group mg/100g of product

Thiamin	2
Riboflavin	0.8
Vitamin B12	5 mcg/100g

Calories

370 cals/100g Tvp (105 cals/oz) Dry

123 cals/100g Tvp hydrated with two parts by weight of water (35 cals/oz)

Varieties

Unflavoured — Brown Mince, Natural Chipleets
Brown Chunks, Natural Slices.

Flavoured — Beef-Like Brown Mince — others coming shortly.

“Intent on the welfare of all beings.” Upanishad

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1977: R. Price