

## TenderSteak (Juicy, Cruelty-Free, Vegan Steak)



### 'Meat' Ingredients:

¾ cup gluten flour  
¼ cup white flour  
2 tsp sugar  
½ cup canned beetroot and juice (50/50)  
¼ cup red wine  
1 Tbsp soy sauce  
1 Tbsp miso (or ½ tsp Marmite/Vegemite)  
1 tsp melted coconut oil

### Moulding Dish



**First** make sure you have a means to press and mould the steak, like a medium sized dish with a raised lid you can invert or a similar shaped flat board and a weight to press dough down even thickness.

### 'Meat':

Blend beetroot and juice with wet ingredients, miso & sugar (not oil)  
Mix gluten flour and plain flour together in a biggish bowl  
Pour blended ingredients in and mix like buggery until it bonds  
Knead it for several minutes  
Poke holes into it with fingers  
Add melted coconut oil and fold and knead further  
Squish and squelch with clean hands  
Stretch and re-bond several times to give it texture  
Flatten dough into the moulding dish so that dough is about 2 cm thick  
Place a flat lid or board on top then something heavy to hold it down  
Allow to rest in the fridge for at least half an hour

### Broth Ingredients:

(to pre-cook and also gravy for later):

2 cups water (or 2 cups veg stock no powder)  
1½ tsp 'Beef' stock powder  
1½ tsp Mushroom stock powder  
2 tsp sugar  
1 tsp miso (or ½ tsp extra Marmite/Vegemite)  
1 tsp smoke  
½ tsp Garlic powder  
½ tsp Marmite (or Vegemite or 1 tsp extra miso)  
1-2 tsp cornflour  
Balsamic vinegar (optional)



#### Broth:

Blend together all ingredients

Place in saucepan (wide enough for steaks to sit flat in one layer)

Bring to boil, stirring

Turn down to low simmer

Cut flattened dough into 2 or 3 steaks

Put them into the broth, making sure they're nearly all covered

Simmer for 10 minutes then turn them over

Simmer for another 10 minutes and turn over again

Continue to do this every ten minutes for 40 – 50 minutes

Remove from saucepan and place them back in the 'mould' dish with lid and weight

Keep remaining broth

Cool steaks in fridge 'til ready to fry or barbecue

Later fry a fine chopped onion 'til brown and/or mushrooms and add to broth

Add 1-2 tsp cornflour mixed in soy milk or water for thickening, if desired.

A splash of balsamic adds another dimension (optional).

When ready, sear the steaks well in coconut oil or oil them first and barbecue / char grill. Baste and turn regularly. Get the outside crispy brown and charred, then serve with broth gravy and veg or salad

**Footnote:** The beetroot not only adds colour to the dough but the fibrous texture of the beets also enhances the texture and tenderness of the 'meat' and provides more available iron than red meat. This recipe has as much or more protein as animal steak, too. Because this is a cruelty-free recipe, we thought 'TenderSteak' was a suitable name for two reasons: the tenderness of not taking a life for a meal and, of course, the soft, chewy texture of these delicious steaks.