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Best Ever Vegan 'Steak' Sandwich On The Planet With Caramelized Onions & Mushrooms

The traditional steak sandwich is a fairly simple affair – a slab of good quality grilled or fried beefsteak served on bread or in a roll with a choice of toppings. Fried onions are a must in my book – in fact, I have caramelized mine, and also added a simple but tasty mushroom topping. You can accompany this with a simple salad garnishing – and you have yourself a great VEGAN MANFOOD pick-me-up !

INGREDIENTS

1 cup firm [silken tofu](#) (US) (or [UK](#)) drained and cut into squares

2 cups vegan mince/ground crumble (I used Linda McCartney Mince), thaw for 40 minutes, if using frozen

1 medium sized onion, finely chopped

2 to 3 cloves garlic, finely chopped

2 Tbsp flat leaf parsley, finely chopped

1 Tbsp ground flaxseed

salt to taste

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Share 1 tsp curry powder

slice wholewheat bread, soaked and well wrung (squeeze the water out with clean hands)

slice of dry bread (add this to the wet slice that you have squeezed out)

Tbsp vegan Worcestershire sauce (for example [Biona UK](#), or [Edwards US](#))

Tbsp HP brown sauce ([available here](#) in the US – HP can be purchased in [sachet form](#) in the UK)

1 tsp muscovado sugar, or molasses sugar, or any other dark brown sugar

½ tsp chilli powder

(Note:- this 'steak' is extra tender, for a more dense/firmer one add 1 tbsp of flour to the mix)

METHOD

1. Place the chopped onions in the centre of a sheet of kitchen roll, and pat them, so that some of the moisture is extracted.
2. Next, place all the ingredients in a bowl (including the pre-wet bread), and mash to a pulp with clean hands. Form into a huge ball, then place in the fridge for an hour to set.
3. Remove from fridge, and on a clean worktop divide the ball into 4 pieces, and with clean hands flatten and shape into steaklets – you should be able to comfortably make 4 of them. Refrigerate again for 20 minutes before frying.
4. Fry in a non-stick pan with olive oil, making sure the oil and pan are hot – carefully turn around with a

metal spatula making sure they cook for 5 minutes on each side. You may wish to then place them in a hot oven, whilst you make the caramelized onion and mushrooms.

NOTE : The texture of this is succulent and very tender.

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CARAMELIZED ONION TOPPING FOR 'STEAK'

2 onions, cut into rings

1-2 heaped Tbsp muscovado sugar, or molasses sugar, or any other dark brown sugar

olive oil

2 Tbsp vegan Worcestershire sauce ([Biona](#) UK, or [Edwards](#) US)

1 Tbsp HP brown sauce ([available here](#) in the US – [sachet form](#) in the UK)

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Share a little salt

eat up a pan, add the oil, and a minute later, add the onions. Fry them well on both sides, then add the sugar, and allow the onions to caramelize for a few minutes, lower the heat, and add the remaining ingredients. Stir for a minute, then taste for sugar and salt. Cover, and go make your mushrooms.

MUSHROOM TOPPING

Use around 12 mushrooms, washed, and cut into slices. Then fry in some olive oil, salt them, and add a few drops of vegan Worcestershire sauce. Remove when the mushrooms are ready.

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These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave us a constructive comment !

suitable for vegans, vegetarians and meat-eaters alike





79 COMMENTS

Smoked Chilli Feast



Golden Sticky Barley Rice

0 Shares  Pascal
February 23, 2013 at 5:00 pm

OMG this look delicious 😊

Still have to look for that silken tofu but I think I know where I can get it.

Is Worcestershire sauce not vegan when I buy it like that?

Never heard of muscovado sugar, is cane sugar also ok?

What do you mean with the brown bread soaked and well wrung?

Sorry for all these questions but I just want to make sure I do it right.



Ericka Shimkonis

February 23, 2013 at 5:14 pm

Thank you for this, it looks awesome!



Ericka Shimkonis

February 23, 2013 at 5:15 pm

Thanks for this!



Janne Swearngen

February 23, 2013 at 5:19 pm

I have the same questions as Pascal. What do you mean by brown bread?? Are you talking pumpernickel or just whole wheat? And Muscovado sugar?? Can you substitute turbinado?

What is HP sauce?



Miriam

February 23, 2013 at 5:21 pm

Pascal hi. Let's answer your questions, so, Worcestershire sauce, here is a link to a vegan one – I think this company sends overseas which would be great for you
http://www.veganstore.co.uk/mm5/merchant.mvc?Screen=PROD&Product_Code=037
2nd question sugar, you may use either molasses or muscovado sugar, here is another link to it <http://www.billingtons.co.uk/home/products/unrefined-range/dark-muscovado-sugar> – you need a dark sugar for the colour and rich flavour, you may find one where you live – surely dark brown sugar should be available. Next question, I use brown bread in the mix, what I mean by well wrung is that you squeeze out any excess water (once you have wet it in the water) in the bread, so you wet it and squeeze it – simple. Hope I have answered your questions and that you do at some point make this – now you have the HP sauce there's really no excuse. Also be sure to have some lovely fresh bread to serve it with. Tip: Once you make up the mix in future if you like it you can make more and freeze the mix for having at a later date. Cheers !



Miriam

February 23, 2013 at 5:24 pm

Janne Hi there. Please see the response and links I have sent to Pascal, all your answers are there. HP sauce is a brown sauce and you can order it online from ebay – Pascal I believe ordered his from there and received it today ! Enjoy !



Miriam

February 23, 2013 at 5:24 pm

Hi there Ericka and welcome here. I hope you make and enjoy this steak and come back with your comments !

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Miriam

February 23, 2013 at 5:25 pm

You are totally welcome dear Ericka !



Pascal

February 23, 2013 at 6:07 pm

Hi Janne 😊

Here is the link that Miriam gave me to order the HP brown sauce.

http://www.ebay.co.uk/itm/12-HP-Brown-Sauce-The-original-12-x-12g-sachets-/280693558410?pt=UK_Home_Garden_Food_SM&hash=item415aa3cc8a&_uhb=1

Miriam thanks for the explanation and the links.

Dark brown sugar I can find over here.

I'll make sure to have some good brown bread to go with it cause I'm planning to make my own from now on 😊

Then at least I know what'll be in it.

I really like this vegan lifestyle more and more.

Not only to live cruelty free but because its healthier as well.

Too bad I'm being ridiculed for it at work or somewhere else.

I don't care though, its my life and my decisions.

Saving money to buy my own house with a big piece of land so I can keep my own animals who will be living their life knowing only love and grow old together with me.

Sorry went a bit off topic there but I just had to say it.



Miriam

February 23, 2013 at 7:31 pm

A great investment is a bread machine Pascal – you pour your ingredients and that's it, fresh bread every time you want it and you can add whatever seeds you wish for extra fortification ! Yes, the vegan life style, I call it 'way of life' is awesome, because it feels right within a person's moral and physical barometer, particularly if one is doing it for both ethical/compassionate reasons as well as health. The spin offs are enormous ! With regards to work colleagues, well, we all know who will have the last laugh in the end.

You see over consumption of meat and dairy is not without it's health consequences, I wouldn't say risks, because it's consequence not risk that one is creating. It's a cause and effect situation – and in the end the poor animal's corpse and all it has yielded during it's miserable existence shows up in the cemetery it was buried in, ie the consumer's body. Arteries get blocked, blood pressure rises etc, risk of diabetes and excess mucus in the body is itself a breeding ground for all manner of disease – so you see Pascal, plant based food is far safer on the whole, it's kinder not only to your body, but the planet too – it's a win-win situation. I guess I too got carried away with the whole subject – it's just so beautiful, fascinating and awesome. Kudos to you for choosing vegan, and I promise to endeavour as I always do, to bring the best vegan food in the universe to people's tables through my vegan culinary creations. Have a good evening Pascal.



Amy

February 24, 2013 at 4:35 am

Ooooooh this looks so yummy nom nom nom nom!!
Rather excited to try this one! xx





Amy

February 24, 2013 at 4:38 am

Pascal!! Don't be disheartened by people, how can your choices be wrong You live a cruelty free lifestyle!!

You're intelligent enough to make the connection and have a lifestyle to match, don't worry about the people that haven't. Just enjoy the rest of us!! 😊

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Miriam

February 24, 2013 at 11:57 am

Hi Amy, I have said as much too. We cannot win all people in our lives with our dietary choices, particularly people that don't care to know. We know inwardly and in every other way that veganism is great and it's benefits abundant. Have a great day !



Miriam

February 24, 2013 at 11:58 am

Hi there Amy and welcome here. I look forward to your feedback on this and hope you enjoy it !



Kathi

February 24, 2013 at 1:15 pm

Hi everyone – I am confused about 'brown bread'. Do you mean the kind associated with the Eastern US , that comes in a can and is somewhat sweet -or- regular whole grain bread?

This look scrumptious and I would like to make it right away!! (also – sidenote – I have noticed that cheaper store brands of Worcestershire are made without anchovies! Kroger

store brand for folks in Michigan)

Thanks for your help and I absolutely adore all of your great recipes!

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Sarah

February 24, 2013 at 1:24 pm

Hello, I have tried a few recipes on your page that have been amazing, easy to follow and delicious. I want to try this one on my son that thinks the best thing in life is meat. I hope this will convert him, the last of my 3 children to Veganism! X



Miriam

February 24, 2013 at 1:42 pm

Sarah Hi there and welcome here. I am glad to hear of your vegan endeavours and also that you have enjoyed my recipes. This is very much geared towards teenagers and people that loved their steak sandwiches. Now, make sure you purchase some very tasty bread – even a baguette will do the trick if you don't find some great Italian bread. Make sure its a favourite of what your son loves. The rest is in the recipe – serve with a chilled favourite drink of his. The 'frills' are so important. Come back with your feedback Sarah as and when ! 😊 P.S. A friend of mine made and tasted it last night – she wrote to say "Miriam, I can't even begin to describe the wonderful taste". Enjoy !



Pascal

February 24, 2013 at 1:42 pm

Mirian and Amy, I would like to thank you both for the encouraging words 😊

Miriam, I was already planning to buy a bread machine 😊



Miriam

February 24, 2013 at 1:44 pm

Kathi Hi there dear and welcome here. Many thanks for dropping by. The bread is regular bread not tinned, just normal bread to make it with. Thanks for the tip on Worcestershire sauce. Do let me know how this goes Kathi ! Make sure the bread you serve it in is a fresh loaf preferably with a crunchy crust (as per pic) – enjoy !!! 😊

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Miriam

February 24, 2013 at 2:33 pm

Hey Pascal, glad to hear that. I will probably impart a great wholesome recipe for a wonderfully healthy brown loaf for bread machines at some point ! 😊



Pascal

February 24, 2013 at 2:50 pm

That's nice to hear, looking forward to it already 😊



Miriam

February 24, 2013 at 3:58 pm

Pascal Hi – this is another FB page of mine you may be interested in – just check it out if you feel like it. <https://www.facebook.com/pages/Vegan-Rejuvenation-Grow-Young/221407704561965?ref=hl>



Pascal



February 24, 2013 at 4:20 pm

Oh nice! Will most surely have a look 😊

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jenni

February 24, 2013 at 5:15 pm

Ooh this looks wicked! will give it a try today methinks. 😊



Miriam

February 24, 2013 at 6:01 pm

Hi Jenni, do let me know how it goes as and when! 😊 Enjoy!



Miriam

February 24, 2013 at 6:01 pm



nuu

February 24, 2013 at 10:18 pm

Will a homemade "mince" made from tvp work for the mince/crumble?



Miriam

February 25, 2013 at 8:31 am

Nuu Hi there. In answer to your question, I don't see why not ! Do let me know how it goes as and when !

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Elaine

February 26, 2013 at 2:46 am

Thank you, as I commented earlier I always looking for vegan recipes and yes kid friendly. I not sure what to substitute if they don't like tofu. Perhaps I'll just prepare it and let them know later the ingredients. Again Thank you.



Miriam

February 26, 2013 at 8:51 am

Elaine Hi – the tofu can not really be detected once mixed with vegan mince, so I wouldn't worry about that – say you are serving a steaklet – it looks a little like a fried flattened burger, it's more important that they know it's not a steak, but a steak-let type burger, that way they won't expect it to be chewy as it is not chewy – the taste is sublime. Hope they and you enjoy it ! Let me know how it goes !



Rebecca

February 27, 2013 at 12:36 pm

I must make this! Looks simply delicious!



Miriam

February 27, 2013 at 1:04 pm

Do make it Rebecca, and come back with your feedback. Tip:- Remember to buy some crunchy fresh bread to put the 'steaklet' into ! Best your way.

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Marty

March 1, 2013 at 4:23 am

I made this the first night Miriam posted the recipe. I cannot even begin to describe how incredibly good it is. I can tell you that late that night I was in bed getting ready for sleep. I was NOT hungry. I was completely satiated. Nevertheless, I had to force myself to stay in bed and NOT get up and fix myself another "steak" sandwich. I forced myself to stay in bed because I cannot allow myself to eat everything I am craving madly even when I'm NOT hungry and am well satiated. But, it's that GOOD!!!!!!!



Miriam

March 1, 2013 at 4:01 pm

Marty Hi there and thank you so very much for dropping by here with your wonderful comment ! I am delighted that you made this 'steak sandwich' and enjoyed it. It is indeed more-ish and one to make again. I very much look forward to your future comments on my blog. Best wishes your way in the meantime ! 😊



Judy

March 2, 2013 at 6:40 pm

Hi Miriam, just wanted to tell you I made this the other night and it was amazing!!! I did not have it as a sandwich but with a baked potato and salad. I also froze two servings for another time.

I have tried many of your recipes and they are all so good!! Thanks from Victoria, BC



Miriam

March 3, 2013 at 12:26 am

Thanks there Judy, I am delighted that you made and enjoyed this vegan steak of mine and glad to hear you have also enjoyed many other recipes from here. I very much look forward to your future comments on my blog and best wishes your way in the meantime. 😊



Joe

March 3, 2013 at 4:52 pm

This on the menu a change from sweet teeth!



Miriam

March 3, 2013 at 8:34 pm

Great choice there Joe ! Let me know how it goes as and when. Tip:- Needless to say a Maltese cut loaf is going to marry well with the 'steaklet' so buy the best you can and enjoy !



Joe

March 4, 2013 at 2:04 pm

Approx how much is cup tofu? I can't make meself work in cups ugh! Re Maltese bread the crispest I can find oooaaah!



Miriam

March 4, 2013 at 4:37 pm

Joe use just over half a packet of tofu. (use the rest to scramble the next day – I have a recipe for scrambled tofu, so that way you won't waste it). Hope this helps !

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Marty

March 6, 2013 at 1:48 am

I made this a week or so ago. I ate one. It was wonderful. I made steaklettes and froze the rest. Tonight, I cooked one of the frozen steaklettes. It was just as good as the first one——aboutsolutely delish. The only problem I have is I can't get them to stay together. They split in half. I just stacked the two pieces up on a toast roll and topped it with the caramelized onions and mushrooms. Wonderful.



Miriam

March 6, 2013 at 3:27 pm

Marty Hi there. They are delicate to hold, very different to meat in that way – but the taste is great and thanks for letting me know that they freeze so well, that's awesome. Best your way !



Andrea

March 7, 2013 at 2:10 am

Repeat from a FB comment I just made: I made this tonight after dreaming about it for days. It was AMAZING. I have a question about the texture, it was difficult to keep together – while cooking I had to use two spatulas to keep the patties from falling apart. Even after cooking they were very 'wet' and fell apart. No one complained, my entire meat-eating

family raved, but when I do it again (which I will) I wonder if you have any tips to make it firmer? Thank you so much for these recipes, I am vegan and they are so good that my family enjoys eating vegan along with me.

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**Miriam***March 7, 2013 at 11:23 am*

Hi Andrea and thanks for your comment. I think that it is going to be difficult to make them as solid as we may like to, the reason being that the taste may be compromised. Vital Wheat Gluten would really be the answer – you could add some of this to the mixture, but adding too much will compromise the taste, as I find that it is dense and has a flavour that I don't much like. That's one option, the other option would be to add some flour to the mix, again, I wouldn't advise too much, as the same could happen. So, the secret may be to keep the ingredients as dried as possible, ie make sure your onion is dry, your tofu is properly drained, then slice it up and dry it with kitchen paper, then the bread that is used as part of the 'steak' use one slice of it dried, the other that is wet be sure to drain it as much as possible, then add 1 tablespoon of plain unbleached flour. This procedure and addition should be of some help with the texture – be sure that the ground crumble you use is also somewhat wiped with kitchen towel too. We are looking at minimizing wet ingredients as much as possible. After you fry them, place them on greaseproof paper in a baking tray and back for 10 minutes. Be sure you've not over cooked them as they might break down after. A little trial and error, but here we are looking to improve on top of what we already have. Good luck and hope these tips help! 😊 P.S. Glad you and your non-vegan family enjoyed the flavours – but I know what it's like, you think to yourself "The taste was perfect, everybody loved them, if I can improve upon the texture, then I'll have a winner next time". I'm sure these tips will help.

**Denise Miller***March 7, 2013 at 5:13 pm*

how would you make the minced part using TVP?

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Miriam

March 7, 2013 at 6:01 pm

Hi there Denise. If you are using soya mince the dehydrated version, then soak a cup and a half of it in hot water (as you would to hydrate it) use a little less water than suggested and stir it around. Then follow the recipe method that I suggested. Best wishes and let me know how it goes.



Andrea

March 7, 2013 at 10:03 pm

Thank you for all the great ideas!!! I bet I could have dried the onions and tofu more, will definitely make this again, and try the flour if the initial "ball" feels the same as last time. By the way my house STILL smells good from cooking this last night!



Miriam

March 8, 2013 at 11:45 am

Hi Andrea, good thinking! 😊



Joe

March 8, 2013 at 2:02 pm

If no one hurts I would like to submit what I did to respond to Andrea's problem. When shaped I coated them in breadcrumbs (next time I use kentucky spice) and cooked them in

the MW. They held perfectly. To eat I fry them as usual. Hope this helps.



Miriam

March 8, 2013 at 6:02 pm

Thanks for your input Joe.



Russ Martin

March 11, 2013 at 3:48 am

Here's my .02 regarding some questions that I feel were not answered sufficiently. Vegan Worster sauce – in the US, use Annie's – totally Vegan. Brown bread – I was born in the UK and I would say use Whole Wheat – nobody calls it brown bread in the US. You CAN get HP sauce in the International Section of some US supermarkets – Publix and Shaws for example but A1 would be a decent substitute.

Hope this helps – Russ

PS Awesome site and I pre-ordered your book!



Miriam

March 11, 2013 at 11:25 am

Hi Russ and thanks for dropping by with your comment. Firstly, nobody has remained without an answer on this recipe or any other for that matter – I answer 99% of comments that I receive in full. Regarding what one finds in one's own country and region is not always easily accessible to others from the same country. Worcestershire sauce also known as Worcester Sauce I have mentioned a vegan brand in the Ingredients 'Biona' may be you missed it. Thanks for mentioning the wholewheat bread – that from my part is a UK habit, I have now changed that in the ingredients list, so thanks. In terms of where to find

HP sauce, I am not in the US to know, but I have told people here that they can purchase it online on ebay in sachets, I think that that's helpful for people who don't wish to purchase an entire bottle in case they don't like it or cannot find it easily where they live. That said, many thanks for the places you mention for others in the US to perhaps find it there, that's useful, also for mentioning a substitute, that's great to know

0 Shares  Russ. Thanks for your interest in my book and sure hope you enjoy it when it reaches you ! Best your way !



Joe

March 11, 2013 at 12:32 pm

Had this recipe today and I enjoyed it very much. Just like real steaks without the slaughter! Thanks Miriam. xx

Hope you include all these wonderful meals in yer book you know.

PS Make another batch and freeze them soon.



Miriam

March 11, 2013 at 1:11 pm

That's great news there Joe. Glad you made and enjoyed it. I have included many recipes from the blog, and there are new ones in the book of course, lots of pics etc. That said, the book is being printed as we speak – so can't keep on adding to it. This 'steak' is not in the book I don't think ! Best your way and have a peaceful Sunday. 😊



Pascal

March 16, 2013 at 9:28 pm

Gonna make this soon, hope I don't screw it up cause I doesn't look all that easy :/



Miriam

March 16, 2013 at 10:05 pm

Ok Pascal – the secret behind this recipe is to take your time making it ! Good luck !

Remember, it won't hold up like a steak ie it's not 'fibrous' like it – it may slightly crumble, but don't let that put you off, the taste is fabulous. It's also a great way to use up the rest of your HP sachets (you'll be ordering more of those soon). Best ! 😊

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Pascal

March 16, 2013 at 10:45 pm

Hehe, you'll bet I'll be ordering more soon 😊



Miriam

March 17, 2013 at 10:53 am

I thought you might say that ! Have a good Sunday.



Sarah

March 18, 2013 at 6:22 pm

Made this two days ago, I neglected to add the bread (thought while I skimmed the recipe that it meant bread for serving! LOL!) It of course didn't stick together in patties as a result, but I made it like a scramble and it was just as delicious 😊 If you don't have vegan Worcestershire sauce (regular contains anchovies) just use malt vinegar (the main ingredient in Worcestershire) and some extra salt and sugar.





Miriam

March 18, 2013 at 9:57 pm

Hi there Sarah, glad you gave this a bash, but do try it with the bread next time if you can.

Thanks for the Worcestershire tip. 😊

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Lory

April 7, 2013 at 6:06 pm

These look yummy. Will need to try them sometime.

I smiled at everyone's questions about "brown bread." After I moved to Canada I quickly learned that "brown bread" was whole wheat/whole grain bread. So that's what I would use when I see this in the recipe!

Pascal, don't be discouraged about the naysayers. I'm not totally vegan yet, but have been vegetarian for a while, and am raising my daughter vegetarian....and slowly going more and more vegan. I've had fun with the doctors when they find out I never gave my daughter cow's milk to drink after weaning her.

Now that I'm expecting another baby, they keep trying to tell me that I need "protein drinks" because of my vegetarian lifestyle. Got the same suggestion when pregnant with my daughter as well. I just smile and politely tell them no thanks! I don't have any problem balancing my diet from plant based sources!

Lory



Miriam

April 7, 2013 at 7:04 pm

Lory Hi there and good on you – agreed ! Oh, do let me know how these go as and when you make them – will look forward to your feedback as and when. Cheers your way in the meantime ! 😊



Melissa Wolf

April 10, 2013 at 5:47 am

Tried this tonight but could not get the patties to form even in the slightest way. Ended up just cooking the pile. Was very yummy. Topped with the mushrooms and onions. Would be good for potato or salad topping or maybe pasta or grain? Not sure where I went wrong.



Miriam

April 10, 2013 at 6:32 am

Melissa Hi there and thanks for your feedback. Am glad you enjoyed the taste of this. I don't think you went wrong anywhere particularly. It's possible the ingredients were a little too wet – try drying out the tofu next time as well as the crumble – then prior to making them into patties just freeze the mixture for a half hour so that you can better shape the mix – you can then dust both sides with a little flour and then fry them. If you are still hesitant the other alternative would be to press the mixture into a meatloaf non-stick greased tin and bake until it sets – allow to cool then slice your 'steaklet' and then fry it as a slice. Remember this is not a seitan steak nor a real one vis-a-vie the texture – it is far softer and does not have any of the fibrous texture that a 'real steak' naturally has. But it does have a good 'steak-like-fix' taste. Hope this helps you for next time Melissa. Best to you! 😊

Pingback: To do list | Veganism as a meat lover



Miriam

April 28, 2013 at 6:04 pm

Thanks for the Pingback! 😊



julie

May 19, 2013 at 11:50 am

cant wait to try this 😊



Miriam

May 19, 2013 at 12:18 pm

Julie Hi. Hope you enjoy it ! Remember the flavour is there, the texture is NOT fibrous in the way a real steak is by it's very nature. This has been created to fill the 'fix' without the cruelty and cholesterol. Enjoy ! 😊



Carole Nesmith

May 19, 2013 at 4:07 pm

Hi Miriam, I am from Philadelphia, home of the famous Philly cheese steak hoagies, and I just wanted to let folks know that the beef steak on these sandwiches is chopped up and is not a whole piece of steak. It is supposed to be soft with the ingredients kind of chopped (on the grill) and mixed together. I can't wait to try this, because like you, I think the Vital Wheat Gluten sometimes has an "offish" taste.



Miriam

May 19, 2013 at 4:55 pm

Carole Hi there and thanks for dropping by here with your comment. Thanks for the info you have submitted and whilst this is very, very tender I simply don't like wheat gluten as a

base at all, it is both the taste and texture that I cannot stand – therefore I do not use it, it has a rubbery texture/consistency which I find to be off-putting, also it is too congealing to allow flavours to flow in my opinion. Let me know how this goes and enjoy! 😊

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**Yvonne***August 23, 2013 at 9:37 am*

I understand that flaxmeal can be used as egg substitute in cooking and I am wondering if that will keep the 'burger' from falling apart. I guess the only way to find out is to try. I have most all of the ingredients on hand except for the vegan 'Worcestershire' sauce which I will have to search for. I shall try Aldi's for a cheaper version which, hopefully, will not contain fish.

**Miriam***August 23, 2013 at 10:13 am*

Yvonne Hi there. Before you attempt to make this, allow me to say that texture-wise it's nowhere close to a 'real steak' because steak has natural fibres, this does not, so it cannot be dense and in one piece like a steak would. More than anything, because it's made for the purposes of having in a sandwich and therefore the sandwich helps it stay in place – it is the flavour that is captured and is so pleasant. As you will see from other reviews here it has been enjoyed and when that 'i want a steak sandwich' emerges, then this hits the mark. All that said, let me know how it goes as and when! Enjoy! 😊

**Emma***October 30, 2013 at 12:25 pm*

Great recipe but HP is produced in the UK so you can definitely get more than sachets

over here 😊 I'm going to try this tonight, thanks for another great recipe x



Miriam

October 30, 2013 at 4:38 pm

Enjoy it Emma. Remember it's a very tender 'steaklet' as it does not contain the fibrous tissue that meat contains, that said the flavours speak for themselves, but will let you be the judge of that. Bon Appetit! 😊

ingback: 6 Ultimate Vegan Sandwiches, Part 2 : Healthy Body Budget



Alice Lam

February 3, 2015 at 10:25 pm

Hi Miriam, made the steaks last night and we had with onions in Turkish rolls with salad. Very tasty! Next time I will try adding some vital wheat gluten as I'd enjoy more texture but v happy, thank you for great recipe.



Alice Lam

February 5, 2015 at 4:18 am

Hi Miriam, Thanks for another delicious recipe! We had this on Turkish rolls with a side salad. The first batch was very tasty but for the second, I added a little liquid smoke, 'steak' seasoning and cayenne while frying which made it even better. Will definitely make again!



Miriam

February 10, 2015 at 12:42 pm

Hi Alice, I love adding more heat to many dishes I make, and the cayenne would have worked perfectly with it ! Hope you enjoy this recipe time and time again ! 😊

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Miriam

February 10, 2015 at 12:50 pm

Hi there Alice and thanks for dropping by here. I am not all that keen on vital wheat gluten, but it should add more texture to it if you wish to try it out ! Hope you enjoy many more recipes from my blog. Cheers ! 😊
