

# DIY 'Beyond' steaks

Makes 3 large or 4 medium steaks.

## Seasoning ingredients:

- 1 tbsp nutritional yeast flakes
- 1 tsp Marmite
- 1 tbsp dark soy sauce
- 1 tsp shiro miso
- 1 tsp onion powder
- 1/2 tsp smoked paprika
- 1/4 tsp freshly ground black pepper
- 1 small-to-medium beetroot (cooked, 70g)
- 1 tbsp ketchup
- 2 tbsp refined (aka deodorized) coconut oil
  - 2 tsp porcini and truffle paste (optional, specialist ingredient)
- 1/2 cup water

## Mixing bowl ingredients:

- 2 Beyond burgers
- 1 tbsp Italian herbs
- 1 cup vital wheat gluten

## Instructions:

1. First use a hand blender to combine the seasoning ingredients in a tall beaker, creating a paste.
2. Combine the paste with the remaining ingredients in a large mixing bowl. Wearing gloves, knead for 6 minutes.
3. Divide into 3 large or 4 medium-sized steaks. Wrap individually in aluminium foil and steam for 40 minutes. When cooled sufficiently, remove foil.
4. The steamed steaks are ready\* to sear in a pan with hot oil, salt and pepper. Use a spoon to ladle some of the cooking oil over the steak as it's cooking.

\*Note: For best results, refrigerate the steamed steaks before searing.