

Recipe: Vegan Egg Salad

Makes enough to fill four sandwiches. Actual preparation time 10 mins, waiting time 90 mins.

All measurements are level, using standardised measuring spoons and cups. Be precise!

Ingredients

YOLK SAUCE

- 1 batch of [vegan yolk sauce](#), we won't use all of it

VEGAN EGG WHITE

- $\frac{2}{3}$ cup soy cream, such as Alpro (not the light version)
- 4 tsp neutral-tasting veg oil, such as groundnut oil
- $\frac{1}{2}$ cup water, cold or room temperature
- $\frac{1}{2}$ cup corn starch, AKA corn flour in the UK
- 4 tsp tapioca starch, AKA tapioca flour

Requirements

- Silicone loaf mould or similar silicone mould
- A steamer insert large enough to place the mould in.
- Standardised measuring cups and spoons
- An immersion blender
- A whisk
- Baking paper, AKA baking parchment, or aluminium foil

Instructions

1. Add three cups of water to the pot you'll use for steaming, leaving the steamer insert aside for now. Bring the water to the boil.
2. While you wait, whisk together the ingredients for the whites.

Place the silicone mould in the steamer insert and pour the white mixture into your mould. Cover the mould with a sheet of baking paper or aluminium foil. (This is just to stop condensed steam from dripping into the mould. The paper/foil shouldn't be wrapped tightly around the mould, just placed loosely on top.)

3. Once the steam is billowing at full strength (please be careful not to burn yourself 🙈), add your steamer insert to the pot and place the lid on top.

Wait 15 minutes before removing the steamer tray from the heat. Remove the lid and the baking paper/foil and allow the steam to disperse fully. There will be a milky liquid layer on top, but this will evaporate.

4. After about 15 mins, when the mould has cooled down enough to touch, place in the freezer for about an hour to cool it down fully.
5. Make a batch of vegan yolk sauce following [this quick and simple recipe](#).
6. After an hour in the freezer, the vegan egg white should have cooled all the way though. Run a knife along the sides of the vegan egg white, then demould it onto a plate or cutting board.

With a sharp knife, roughly chop the block into small pieces. Add 6-7 tbsp of yolk sauce and mix it in with a silicone spatula or similar. Season with freshly ground black pepper and salt to taste. Done!

Tips 💡

- **Excess yolk sauce**
You can use the remaining yolk sauce as a dip or dressing, or to make [Vegan Fried Eggs](#), [Vegan Scotch eggs](#) or just more egg salad!
- **Twice the fun**
This recipe makes enough egg salad for four sandwiches, with yolk sauce left over. You could double the white mixture and use all the yolk sauce to make enough for 8 sandwiches.