

# Mushroom Steaks

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Recipe type: Mains

## Ingredients

- 100 grams roughly chopped cremini mushrooms
- 1.5 tablespoons soy sauce
- ½ cup vegetable stock
- 40 ml red wine (can substitute with orange juice)
- 1 ½ teaspoons crushed garlic
- 1 ¼ cups wheat gluten
- Oil to spray



## Instructions

1. In a food processor combine mushrooms, soy sauce, vegetable stock, red wine and garlic. Process until combined then add wheat gluten and process until a soft dough has been formed (about 30 seconds)
2. Divide dough into 3 portions and pat each into a patty shape about 2cm thick. On a non-stick frypan spray with oil and fry patties over a medium heat until brown on both sides
3. In a LARGE pot (as they double in size), add approx. 2-3 litres of water and bring to a boil. Add patties, cover, reduce heat to low and simmer for 1 hour
4. Use tongs to remove patties and set aside in a colander to drain, gently pressing to remove excessive liquid