

Gluten-Free and Vegan Mongolian “Beef” from Soya

Ingredients

- 2 cups of soya chunks
- Vegetable oil, for cooking
- 3 cloves garlic, grated or minced
- 1 tsp. fresh ginger, grated
- 1/3 cup soy sauce, or tamari for gluten-free
- 3 tbsp. sugar
- 1 tbsp. garlic chili sauce
- 1 tbsp. cornstarch
- 1-2 scallions, chopped

Steps

1. Place the soya chunks in a medium-sized pan, along with 4+ cups of water. Bring the water to a boil, and simmer for a few minutes. Once the soya chunks are soft, drain, and rinse under cold water. Gently squeeze the soya (be careful, as the water inside is hot), and set aside. In a jar or bowl, whisk together the soy sauce, sugar, garlic ginger sauce, cornstarch, and $\frac{3}{4}$ cup of water. Set aside.

2. In a large skillet, heat a generous portion of oil. Add the rehydrated soya chunks, and let crisp for a couple minutes, turning occasionally. After a few minutes, remove the soya chunks from the pan and set aside. Lower the heat on the stove to medium, and add garlic and ginger. Sauté for a minute or two, and then add the soy sauce mixture to the hot skillet. Cook for a couple minutes, letting the sauce bubble, and stirring to avoid burning. Add the soya chunks, and stir to coat all the pieces. Cook a few minutes longer, until your sauce is thick. Take off the heat, and add the scallions. Great when served with rice and vegetables!

