

## FTP Steak Bites



These plant-based steak bites offer a juicy texture and a firm, satisfying bite. Using FTP Chunks Dark as the base, they hydrate into a tender structure that takes on seasoning and oil effectively. This recipe shows how quickly versatile steak-style pieces can be prepared with minimal effort.

### Ingredients:

- 100 g FTP Chunks Dark SF
- 23 g spice mix (see below)
- 60 g vegetable oil

### Optional:

- 1 clove garlic, finely chopped
- 1 tbsp chopped parsley
- 1 tbsp butter or vegan butter
- A squirt of fresh lemon juice



## **Spice Mix**

Use either a **ready-made steak or grill spice blend of your choice**, or prepare a simple in-house mix.

### **Example spice mix:**

- 1 part sea salt
- 1 part sweet paprika
- ½ part raw cane sugar
- ½ part cumin
- ½ part black pepper

Optional additions: garlic, onion, chili flakes, rosemary, allspice.

## **Preparation**

### **Hydration**

1. Place the dried FTP Chunks in a large bowl.
2. Boil 1 L of water and pour it over the chunks.
3. Let soak for 15 minutes.
4. Discard the warm water and rinse briefly with fresh cold water. Let the chunks rest for a few minutes, then drain and allow to drip for about 1 minute.
5. Gently mix the hydrated chunks with the spice mix. Add 40 g of the vegetable oil and mix until evenly coated.

### **Pan-frying**

1. Heat the remaining oil in a skillet over medium-high heat.
2. Add the marinated chunks and sauté for 4–6 minutes, until a golden-brown crust develops.
3. If desired, increase the amount of oil during frying to allow the chunks to absorb it and adjust juiciness.



4. Optional: add garlic, parsley, butter, and lemon juice during the final minute and mix well.

**Tip:** For better crust and aroma, fry the pieces like a steak. Do not stir until a golden-brown crust has formed, then turn and cook the other sides.