

Recipe: Seared Vegan Scallops on a Cauliflower Puree

Part 1: Vegan Scallops

- 3-5 King Oyster Mushrooms
- 1.5 tsp Mirin
- 3/4 Cup Soy Milk (Light, Unsweetened & Oil-free)
- Salt & Pepper to taste

The recipe requires only the stem of the mushroom. Cut stem into rounds, about 2 cm thick. Some shrinkage does happen hence why we start off cutting the pieces slightly thicker.

In a bowl mix the mirin and soy milk. Then place the rounds into the liquid, cover and refrigerate overnight.

Tip: Use a soy milk variety which is neutral in flavour (nothing too nutty, and definitely NOT sweet) it will overpower the delicate flavour we're trying to achieve.

When you're ready to cook the scallops, remove from milk bath and place on paper towel or a clean towel to remove any excess liquid.

Place your nonstick pan on medium/high heat and wait until the pan is hot before putting scallops into the pan (you should hear a sizzling sound when the scallops are placed in the pan) then season with salt and pepper and cook until golden with slight charring, then repeat on the other side.

Part 2: Cauliflower Puree

- 1/2 Cauliflower
- 1/3 to 1/2 Cup Soy Milk (Light, Unsweetened & Oil-free)
- Salt & Pepper to taste

Cut cauliflower into florets. Cook in boiling water until soft (but still holds its shape).

Drain water, place in a blender with soy milk(light and unsweetened) and season with salt and pepper. Blend until smooth.