

Vegan mititei



Romanian vegan mititei

For 6 pieces:

50 g dry soy granules
150 ml water

1/2 teaspoon baking soda
1/2 teaspoon ground allspice (piment)
1/2 teaspoon thyme
1/2 teaspoon coriander powder
1/2 teaspoon onion powder
a pinch of chili powder
1/4 teaspoon ground pepper
1/4 teaspoon salt
1/2 teaspoon paprika powder
2 cloves of garlic, mashed
3-4 tablespoons soy flour (or flour)
1 teaspoon carob powder/cocoa (for color)
1 tbsp sunflower oil

Cook the soy granules as indicated on the package. Drain well.

Mix all ingredients by hand, until smooth and uniform. Refrigerate for at least an hour so the soy will take the flavor of the spices.



Romanian vegan mititei

Forme 6 mititei (rolls about 6-7 cm long and 3-4 cm thick) with wet hands to prevent sticking. Heat the grill. Grease the grill and the mititei with a little bit of oil. Grill each side for 2-3 minutes.



Romanian vegan mititei

Serve hot with mustard and/of fries.



Romanian vegan mititei