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Post: Get fake meat to not 'taste like cardboard'

Created by [Brittany Bunk](#) on 31-Oct-2021

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A lot of people diss Beyond Meat and other for being '[pea mush](#)', '[too salty](#)', '[tasting like cardboard](#)', or 'pet food'. The last one I agree with, but that's not here, nor there, and might be removed one day and can be spiced over.

The truth of the matter is that all meat, real or fake, tastes like cardboard. Fake meat just imitates reality, so it's supposed to taste like cardboard. Anyone that has that issue has a problem with meat in general, in which they should make meat from a mix of veggies (like veggie burgers).

While the salt can be removed by draining or boiling, the cardboard taste is trickier. So I'm laying out a few ways to get away from it (you don't have to use all - just as many as it takes to work):

- add ketchup - it disguises everything
- avoid bread - bread tastes like cardboard, so it's good not to associate it with that, or dry it out
- make sure it's juicy - dryness makes it cardboard-like, making it stiffer, like cardboard
- cook with cheese inside of it - this makes it taste like a cheeseburger and add juiciness
- don't eat it with fresh, watery (or really dry) veggie layers - veggies, like leaves of lettuce, romaine, bell pepper, and tomato slices, will make it taste like cardboard, due to the contrast
- add mushroom powder when cooking - gives it the caramelization that real meat has
- pretend in one's mind by visualizing the look and tastes of what it should be like - if it doesn't taste right, try to fool your body
- don't use oil to cook it - can make it tasteless
- don't eat it with sides that're cardboard-like - like stuffing - it just highlights what shouldn't be
- melt cheese on top
- Top with ingredients full of flavor and texture (herbs, sprouts, etc.) - takes the attention off the burger. It also has a lot of chlorophyll, which highlights the planty tones already in the meat
- be in a place that makes it feel real - experience is part of the flavor

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[Susan](#)

01-Nov-2021



It used to repeat on me but not lately. I find the taste and texture to be good! I haven't tried the new formula yet...



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[Brittany Bunk](#)

01-Nov-2021



it's thicker with the cocoa butter and is more filling for longer. It tastes more like sausage, a little flatter in texture, etc. I wouldn't call it 'meatier' like the label says and I kind of like the older one, but I didn't like the glycerin. Sauce Stache did a comparison: https://www.youtube.com/watch?v=is0L5880b_0. I don't think I eat it enough or like it enough to recommend - it's just either a regular or sometimes food.

[Claire Smith](#)

eat. Anyone else have this problem?

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not really, because I tend to eat it by itself and then eat other stuff after it

