

Seitan

Ingredients

2 cups vital wheat gluten 250 g *you might have to add a little more depending on the brand

1/2 cup chickpea / garbanzo bean flour 50 g

1/2 cup nutritional yeast 30 g

1 tablespoon smoked paprika

1 tablespoon dried basil

1 tablespoon onion powder

1 tablespoon ketchup

2 tablespoons vegan worcestershire sauce

1/2 cup soy sauce 125 mL

1 1/2 cups hot water 375 mL

4 cups vegetable broth 1 L

Directions

In a large bowl, combine vital wheat gluten, chickpea flour, nutritional yeast, smoked paprika, dried basil, and onion powder. Set aside.

In another bowl, whisk together ketchup, Worcestershire sauce, soy sauce, and 1 ½ cups (375 mL) hot water.

Add wet mixture to dry ingredients and stir until mixture has a dough-like consistency.

Knead for 2 to 3 minutes, adding more vital gluten wheat if dough is very sticky.

Roll in plastic wrap and tie a knot at each end, leaving 1 inch (2 cm) at both ends to allow dough to expand.

Bring vegetable broth to a boil in a large pot.

Carefully place plastic-wrapped seitan in boiling broth. Cover, return to a boil and reduce heat to low.

Continue simmering until firm, turning seitan occasionally, about 1 hour.

Remove from heat and let seitan cool 15 minutes in broth.

Cut off knots at either end and remove plastic wrapping. Slice seitan before serving.