



Tempeh Trails Chik'n Seitan Strips

2 cups vital wheat gluten (plus extra for kneading)

1 tsp sea salt

1/4 cup nutritional yeast

2 tsp onion powder

1 tbsp dried marjoram

1 tbsp dried oregano

1 tsp poultry seasoning

1 1/2 cup low sodium vegetable broth

1/2 cup tahini

8 cups vegetable broth for simmering

Your favourite BBQ sauce - we used Applewood & Hickory Smoked

1. In a medium bowl combine wheat gluten, sea salt, yeast, herbs & seasoning. Stir until well combined.
2. In a large bowl, whisk the vegetable broth and tahini until smooth. Fold the dry ingredients into the wet until combined.
3. Sprinkle the work surface with 2 tbsp vital wheat gluten, turn dough onto surface. Knead the dough until elastic, but not dry, about 5 minutes. If it feels too sticky, sprinkle on a bit more gluten and knead for another minute or two.
4. Bring vegetable broth to a boil. At this stage, you can lightly roll the dough into a rectangle and cut into strips, chucks, balls or small patties. Place in boiling broth, as soon as it comes back to a boil, reduce heat to medium and simmer for 30 minutes. Remove with a slotted spoon and cool on a wire rack.
5. Once cooled, these can be breaded, battered or just fried in your favourite sauce!!

Larger "cuts" such as small loaves for stuffed roasts, etc., wrap in foil and back approx 1 hour at 350 F.