

Seitan Strips

If you are looking for accessible plant-based meat options, seitan is a very good choice. It has been used as mock meat in Asian cuisine for ages. This recipe is a basic preparation of seitan strips, feel free to evolve it and add the spices or flavors you think might enhance the experience.

Time to prepare: 20-30m

Difficulty: Medium

Equipment: Frying pan, small bowl, food processor/blender, cutting knife, small or mid-sized pot

Adaptable: Yes

Vegetarian: Yes

Vegan: Yes

Dish origin: North America

Ingredients:

- Vital Wheat Gluten, 150g
- 1/2 block extra firm tofu or mushrooms of your choice, 200g
- 1/2 onion, white or red
- 1 medium carrot
- 3-4 garlic cloves
- 2 tablespoons paprika
- 1 tablespoon cumin
- 1 teaspoon black pepper
- 1 tablespoon nutritional yeast (optional)
- 1 teaspoon chili powder (optional)
- 3 tablespoons soy sauce or soy free alternative
- Vegetable broth (optional)
- Wine (optional)

Preparation:

1. Peel and chop the vegetables (if using portobello mushrooms those too), in a frying pan with a splash of vinegar or water fry the vegetables for 2-3 minutes.
2. Add them to a food processor or blender together with the soy sauce/soy free alternative (and tofu if using soy). Blend until you have a relatively smooth paste.
3. In a bowl mix the vital wheat gluten and spices, add the paste and mix well.
4. Knead the dough for 2-3 minutes, if too sticky add more vital wheat gluten.
5. Flatten out the dough into the dimensions you want the seitan to have and now you have two options:
 1. Fry the strips in oil for about 5 minutes, constantly turning them

2. Heat a pot of water, add vegetable broth and wine (if available). Once the water is boiling reduce the temperature and let

Recipe is an inspiration from "Street Vegan" cookbook

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