

Seitan

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Dry:

1 ½ cups vital wheat gluten
2 TBS nutritional yeast
1 tsp onion powder
1/2 tsp paprika
1/2 tsp fennel ground
1 TBS soy sauce (see recipe for soy sauce below)¹

Liquid:

½ cup water
1/4 cup pineapple juice + 1 TBS (if needed)
1 TBS pure organic maple syrup

Vege Broth:

2 Cups Water
1 TBS Molasses
2 TBS Honey
¼ cup pineapple juice
1 TBS Olive Oil
1 tsp onion powder
½ tsp Garlic powder
1 tsp salt

Directions:

Spray/grease your crock pot and turn it on low. In a bowl, mix together wheat gluten, nutritional yeast, onion powder, paprika and fennel. Add pineapple juice, soy sauce, maple syrup and water. Mix and knead for 2 minutes. The mixture should be slightly damp and sticky. Form a round loaf and place into crock pot.

Pour **vege broth** over the loaf in the crock pot and cook it on low for two hours and then cook it on high for three hours.

Slice and serve or freeze.

Eat hot or cold.

Can separate the liquid after it has cooled. Add enough water to measure out 2 cups, add 3 tablespoons flour and 1 tablespoon arrowroot. Thicken. Makes great gravy. May need a little extra salt to your liking.

(serves 8-10)

¹ To make "soy sauce", take 1 cup sesame seeds and dextrinize, then add ½ tsp salt and grind. The Magic Bullet works great for this. May also use this in gravies and entrees. If you use this soy sauce recipe, add to the **dry** ingredients. If you use a liquid soy sauce, add to the **liquid** ingredients.