

Basic Seitan

Seitan is a mock-meat, often called “wheat meat” since it is made from vital wheat gluten. Seitan has 18g of protein in each 3oz serving. You can buy seitan ready made in most Whole Foods type grocery stores, but I just found out how easy and economical it is to make your own.

1 $\frac{1}{3}$ cup Vital Wheat Gluten

1 cup water

6-8 cups vegetable stock or broth (I use water and a few tablespoons Better Than Bouillon)

Add Vital Wheat Gluten to water in a mixing bowl. Stir and then knead until thoroughly mixed and elastic (about 5 minutes). Form the dough into a long roll, about 2 $\frac{1}{2}$ in diameter and let rest 5 minutes while preparing stock.

Begin heating stock over medium heat. Cut the seitan roll into pieces about $\frac{1}{2}$ ” thick. Place seitan in stock and bring to a boil. Reduce heat to simmer, cover, and cook for an hour. The seitan is ready to be used in recipes. You can store the seitan in sealed containers with the cooking stock.

Note: While you are kneading the dough, you can add herbs and spices if you want to flavor the seitan.