

# Seitan-Plant Based Meat Substitute

*This recipe makes about 6 cups of sliced or diced seitan*



## Ingredients

### Seitan Dough

2 cups vital wheat gluten  
½ cup chickpea flour  
2 cup water

See below for broth flavor options

## Directions:

1. Combine all seitan dough ingredients in a mixer and knead for about 5 minutes until a bread-like dough forms. Let the dough rest for 5 minutes to allow gluten development

### Prepare the Broth:

1. While the dough rests, bring a large stockpot of flavored broth to a boil. Ensure the pot is large enough to accommodate the expansion of the seitan
2. Cut the dough into desired size. For this recipe, I like to cut into 4 portions—Remember it will expand in the broth and you can slice or dice after it is cooked.
3. Drop the seitan pieces into the boiling broth and reduce heat to a simmer
4. Let it simmer for about 1 hour, allowing it to expand and absorb flavor
5. Remove the cooked seitan from the broth and allow it to cool completely(save the broth to rehydrate)
6. Line freeze-dryer trays with parchment paper. Add seitan in a single layer (slice the seitan into thin slices or small chunks to freeze-dry & for easier rehydration)
7. Freeze dry (my cycle time was 36 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

### **For BEEF Flavored broth:**

5 1/2 cups veggie broth  
1/2 cup dry red wine  
1/3 cup soy sauce  
2 tbsp Worcestershire sauce  
1 tsp thyme  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1/2 tsp black pepper

### **For PORK Flavored broth:**

6 cups veggie broth  
1/3 cup soy sauce  
2 Tbsp maple syrup  
2 Tbsp apple cider vinegar  
2 tsp liquid smoke  
2 tsp smoked paprika  
1 tsp onion powder  
1 tsp garlic powder

### **For CHICKEN Flavored broth:**

6 cups veggie broth  
1/3 cup soy sauce  
1/4 cup nutritional yeast  
1 1/2 tsp white wine vinegar  
1 1/2 tsp poultry seasoning  
1 tsp onion powder  
1/2 tsp garlic powder  
1/2 tsp liquid smoke

### Rehydration:

Add diced or sliced seitan to a pan with leftover broth or 6-8 cups of water(using broth will add extra flavor). Bring to a low boil and boil for 10-15 minutes. Cook time can vary based on the portion size of the seitan.

### **Nutritional Value Per 1/12 recipe or about 1/2 cup of seitan without the broth flavoring**

Calories: 82 Protein: 14 g Fat: 0 g Carbohydrates: 6 g Sugar: 0 g Fiber: 0 g