Seitan
(Plant Based Meat Substitute)

This recipe will make 1 Large Tray after "Dough" is boiled

[Live Life Simple's: Seitan and Tofu Freeze Dried](#)

Ingredients:

Seitan Dough

2 Cup Vital Wheat Gluten

½ Chickpea Flour

2 Cup water

Flavored Broth

For BEEF Flavored broth:
5 1/2 C veggie broth
1/2 C dry red wine
1/3 C 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 C veggie broth
1/3 C 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 C veggie broth
1/3 C soy sauce
1/4 C nutritional yeast flakes
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

Directions:

1. Mix seitan dough ingredients in a mixer for about 5 minutes. This will make a bread dough like texture
2. Let the dough mixture rest for about 5 minutes
3. While the dough is resting in a large stock pot, make your flavored broth
4. Bring broth to a boil
5. Cut your Seitan dough into desired sizes (can cut into bite size pieces, slices or leave in a "loaf size" and slice after boiling)
6. Drop dough into boiling broth.

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7. Simmer the dough in the broth for about 1 hour. It will expand a lot so be sure you have a big enough pot to allow for expansion
8. Remove Seitan from broth and cool
9. Add parchment or silicone liner to you freeze dryer pan
10. Add Seitan (I would suggest thin slices or small chunks)
11. Pre Freeze
12. Freeze Dry
13. Store Appropriately (See Tips and Tricks for storage help)

****You could also freeze dry the broth for future use

Cycle Time: 36 Hours in Medium Freeze Dryer	**Rehydration:** Add to a pot of boiling broth until softened

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