

Crispy Seitan with Mushroom Gravy

Prep time:

10 minutes

Cooking time:

65 minutes

Yields:

6 people

Ingredients:

For the Seitan:

10 oz. vital wheat gluten
3 tbsp nutritional yeast
1/2 cup cold vegetable broth
1/4 cup soy sauce
2 tbsp lemon juice
1 tbsp olive oil

For the simmering broth:

4 cups vegetable broth
4 cups water
1/4 cup soy sauce
3 cloves garlic smashed

For the Gravy:

4 cups mushrooms, sliced
1 tablespoon garlic, minced
2 cups leftover seitan broth
2 tablespoons red wine
2 tablespoons corn starch

Directions:

Fill a stock pot with the water, broth soy sauce and garlic, cover and bring to a boil.

In the meantime, in a large bowl mix together gluten and yeast. In a smaller bowl mix together broth, soy sauce, lemon juice and olive oil. Pour the wet into the dry and combine with a

wooden spoon until most of the moisture has absorbed and partially clumped up with the dry ingredients. Use your hands and knead for about 3 minutes until well mixed and elastic-like. Let rest until broth comes to a boil.

Once boiling, lower the heat to a simmer. Add the gluten pieces and partially cover the pot so that steam can escape. Let simmer for 45 minutes, turning occasionally. Remove seitan pieces from broth, let dry and chop into bite-sized pieces.

Preheat oven to 425 degrees. Spray a large, oven-safe saute pan with oil and add seitan. Saute on medium high heat approximately 2-3 minutes then place in the oven for 15-20 minutes until crispy.

To make the gravy:

While seitan is in the oven, saute mushrooms and garlic with a little spray in a saucepan. Add broth and bring to a boil. In a small bowl, stir together red wine and corn starch. Add to saucepan and stir until thickened. Reduce to a simmer and cook 4-5 minutes.

Add gravy to crispy seitan, mix well and serve immediately.