

## SEITAN

1 cup vital wheat gluten  
approx. 3/4 cup water or broth  
2 tbsp soy sauce  
1 tsp ginger powder  
1 tsp garlic powder  
6 cups broth for cooking  
3-4 slices onion (optional)  
2-3 pieces fresh ginger (optional)

Combine gluten flour and dry spices in a medium sized bowl. In a separate bowl, mix soy sauce and 3/4 cup broth or water.

Add liquid to dry ingredients and stir gently to combine. After a few initial stirs, you'll probably need to use your hands for this. Do not use an electrical mixer! Gluten will have a rubbery consistency. Add more water a tablespoon at a time only if needed.

Once mixture is well combined, knead seitan 10-15 times, allow to sit for 5 minutes, then knead a few more times.

Separate your ball of gluten into three or four smaller chunks. Gently stretch each piece into a flat cutlet, around 3/4 inch thick. Seitan will expand when cooking, so you'll want to start out with somewhat thin cutlets. Don't worry about any holes that may form in the gluten.

Add seitan to 4 cups of broth in a large pot and bring to a slow simmer. You can add extra spices or flavors to this broth as well, such as around a quarter cup of soy sauce, a few pieces of fresh ginger, and several slices of onion for extra flavor.

For a "fishy" seitan, add crumbled nori or other seaweed, or, for a chicken-flavored seitan, add some poultry seasoning and use a chicken-flavored broth.

Cover pot and allow to cook for an hour or more. Be sure to use a large pot and plenty of broth, as seitan will expand. Seitan is done cooking when it has firmed up and expanded.

Remove from broth, allow to cool and use in a recipe or make a seitan stir-fry.

Seitan keeps well in the freezer in a sealed container or zip lock bag, so make a double batch and freeze for later, thawing for an hour or two first before using.