

Seitan

Ingredients

- 150 grams vital wheat gluten
- 1 tsp garlic powder (~5 grams)
- 2 tbsp soy sauce + water to 1 cup

Directions

1. Mix together and knead for a few minutes by hand. Alternatively, use stand mixer and knead for 5-15 minutes.
2. Shape into a log and allow to rest on a cutting board for ~30 minutes. Slice into uniformly thick pieces and gently stretch, then allow to rest again for a bit.
3. Boil a large pot of water (can add 1/4 to 1/2 cup of soy sauce if desired to water). Once the water is boiling, add the seitan pieces, stir briefly to stop them from sticking, and cover. Simmer for an hour covered, occasionally stirring to avoid them sticking and to flip the pieces over.
4. Allow to cool. Can be used immediately for recipes or stored in fridge in the same liquid until needed.

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