

UC-VEG

Umpqua Community Veg Education Group

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Chicken Flavoured Seitan

Ingredients:

For the stock:

- 4 c vegetable stock
- 4 tbsp Bragg's Liquid Aminos
- 2 tsp Nutritional yeast
- 6 c water

For the seitan:

- 1 and ½ c gluten flour
- 4 tbsp nutritional yeast
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tbsp chicken-like seasoning
- 1 c vegetable stock
- 4 tbsp Bragg's Liquid Aminos

Add the stock ingredients into a pressure cooker and set to steam and add time for 10 minutes leaving the lid off while you prepare the seitan.

In a bowl add the gluten flour, nutritional yeast, garlic, and onion and mix together. In another bowl add the wet ingredients – stock and Bragg's Liquid Aminos, and mix well.

Begin to add the stock mix to the dry ingredients with a whip until you get a dough. It shouldn't be too wet or too dry and should be easy to knead without being sticky. It should take about 1 C of stock but if more is needed then just add a little more water. If you have added too much liquid to the dough don't worry as this can be easily removed by squeezing the dough and can be poured off.

Knead for 2 to 3 minutes with your hands to activate the gluten. Form into a fat sausage shape and place into a muslin cloth or cheese cloth, and roll. The cloth should be nice and tight around the roll of seitan, and tie on the ends with some cooking string.

Place in the pressure cooker and close the lid. I put it on the beans cycle then add to get 30 minutes. If you are not using a pressure cooker then double the cooking time. Remove from the heat and once the cooker has cooled and is safe to open (follow your cooker's instructions!) you can remove the seitan from the cloth and enjoy!

It took one hour from the time I put the lid on and the time I could take it off.