

A Fast-Friendly RECIPE from ByziMom.com

How to Make Homemade Seitan

A "Not too bad" Meat Substitute made from Gluten

*Please keep in mind, this is NOT meat, and in no way should you expect that it be a perfect substitute. After all, this IS a Fast, right? That being said, it does at least resemble meat and can offer you some familiar applications to make meal planning easier and skeptical souls a bit more apt to at least try their supper. By changing up the vegetables and spices, you can prepare it to **taste like chicken**, for nuggets and patties; **pork** in breakfast sausage, Italian **sausage** (hot or sweet) and even **bacon!!** It's a very simple process and here's how it goes:*

You'll need:

a food processor for the wet ingredients (see the recipe chart)
a mixing bowl for the dry ingredients (see the recipe chart)
a large steamer pot and some parchment paper and/or aluminum foil.

The instructions could not be easier:

1. Combine all the wet ingredients from the recipe chart in the food processor and mix to a slurry.
Note: If you like a chunkier texture, you can always opt to pulse these to the desired consistency.
2. Combine all the dry ingredients from the recipe chart in a large mixing bowl.
3. Add the wet ingredients to the dry and stir lightly and quickly together to form a dough.
4. Shape the dough into its desired state (patties, nuggets, links, hot dogs, stuffed into vegetables, etc.) and wrap in aluminum foil to hold

their shapes. (You may opt to line the foil wrapping with some parchment paper to keep the aluminum from touching your food)

5. Place the items in the basket of a steamer pot, (or place them on a rack...metal colander works for me... in a large stock pot) with a few inches of water in the bottom and boil to steam for 30 minutes.
6. Cool to unwrap, then use as you'd like or wrap in clean parchment or plastic wrap and freeze for later use.

That's it!

Some notes for you before you begin:

Once the wet/veggie mixture has been thoroughly processed smooth, pour it into the dry mixture and combine. Be sure to mix quickly! The gluten will begin to set up and it will become difficult to incorporate unless you work fast.

After forming the dough, you can begin shaping it into the sausage shapes, patty shapes, or nugget shapes as desired by wrapping them in a piece of parchment paper and/or aluminum foil and twisting the ends to make packets. For the bacon, take each of the doughs (red and white) and divide it in half. Roll each of these out to about an inch thickness and layer them alternately to achieve the look of a slab of bacon. Roll out the whole thing again to about an inch and a half thickness, and wrap the entire slab in a piece of parchment or foil.

Once these packets have been made and wrapped, set them all into a large steamer pot over a few inches of boiling water and continue to steam them for a full 30 minutes. Do not skip this step! Cool completely and then unwrap.

At this stage, they may be frozen, refrigerated, or cooked for further use.

Here's the fun part. If your family is having trouble coming up with a Fast-friendly meal plan, use some of their favorite tried-and-true recipes but substitute our vegan meats for the real thing. Of course it won't be *exactly* what they're looking for...this IS a fast...but the basic style and flavor will be there and it may be just what they need as they transition into this new way of eating.

Here are some ideas to get you started:

*You can sear the patties on both sides in a skillet, slice the sausage links into rounds and do the same for use in sandwiches, sausage hoagies, stir-fries, casseroles.

*You can brown the steamed meatballs, then drop them into sauces, soups or stews.

*You can dredge pieces of chicken "meat" in seasoned bread crumbs and place them onto a baking sheet with a bit of coconut oil and bake them as nuggets.

*The sausage and burger meat can also be grated on the large holes of a box grater, then browned lightly with some coconut oil in a skillet and used as crumbles in chili or sloppy joes or even a Bolognese-style pasta sauce.

*And just wait until you slice the bacon and fry those slices up in a bit of coconut oil in a hot skillet! Best VLT ever with lettuce, tomato (and maybe a little avocado a slice of red onion!) on toast with our cashew mayo!

There are so many different ways to change up the combination of the whole-foods ingredients in this basic recipe to make different tasting veggie "meats" from scratch. This recipe makes a family-sized portion, so you may opt to eat half and freeze the other for another day, or simply cut the recipe in half if you like.

Just follow the chart:

<h1>Recipe Chart</h1>	<p>Always Begin With These Dry Ingredients: (in a large, mixing bowl)</p> <p>2 cups vital wheat gluten ½ cup nutritional yeast 1 ½ cups flour (any kind) 1 tsp salt 2 tsp ground black pepper</p> <p>then add:</p>	<p>Wet Ingredients:</p> <p>(in food processor)</p>
<p>Breakfast Sausage</p>	<p>2 Tbsp granulated onion ½ tsp. cayenne pepper 1 tsp. paprika ½ tsp mace or nutmeg 1 ½ tsp. ground coriander</p>	<p>one large onion, cut into chunks 6-8 peeled cloves of garlic one apple, peel on, cut into chunks 2 cups water 2 Tbsp soy sauce (or Braggs liquid aminos)</p>
<p>Italian Sausage</p>	<p>2 Tbsp. granulated onion ½ Tbsp fennel seeds 2 tsp paprika 1 tsp red pepper flakes 1 tsp smoked paprika ½ tsp oregano</p>	<p>one large onion 2 cups water 6-8 large crimini or button mushrooms, 6-8 peeled cloves of garlic 2 Tbsp soy sauce (or Braggs liquid aminos)</p>
<p>Chicken</p>	<p>2 Tbsp granulated onion, 2 Tbsp poultry seasoning</p>	<p>one medium onion 3 stalks of celery 2 cups water 1 Tbsp soy sauce (or Braggs liquid aminos.)</p>
<p>Meatballs and Burgers</p>	<p>2 Tbsp granulated onion 2 Tbsp Montreal steak seasoning</p>	<p>one medium onion 6-8 large crimini or button mushrooms, 2 Tbsp soy sauce (or Braggs liquid aminos) 1 tsp Worcestershire sauce 1 ½ cups water</p>
<p>Bacon: red layer</p>	<p>To half of the dry ingredients add: 1 ½ tsp smoked paprika</p>	<p>¾ cup water 1 tbsp tomato paste 2 Tbsp dark brown sugar 1 Tbsp liquid smoke 1 Tbsp Worcestershire sauce</p>
<p>Bacon: white layer</p>	<p>To other half of the dry ingredients add: ½ tsp garlic powder</p>	<p>¾ cup water ½ tsp salt</p>
<p>Hot Dogs:</p>	<p>1 tsp ground coriander ¼ tsp ground mace 1 tsp paprika 1 tsp white pepper 1 tsp salt</p>	<p>One medium onion 1 clove garlic 1 cup water 1 cup non dairy (nut) milk 1 tbsp brown mustard.....(grind extremely fine!)</p>