BASIC RECIPE
Seitan Version 1

EASY SEITAN
(adapted from Julie Hasson, *Vegan Diner*)

2 cups vital wheat gluten flour (can substitute up to ½ cup with regular whole wheat flour)
½ cup chickpea flour
¼ cup nutritional yeast flakes
1 tsp onion powder or granulated onion
½ tsp garlic powder or granulated garlic
½ tbsp mild paprika
1/8 tsp smoked paprika (optional)
½ tbsp fennel seeds with ½ tbsp caraway seeds, finely ground*
1 tsp salt
½ tsp black pepper

2¼ cups cool water or veg broth, mixed with 2 tbsp red wine vinegar and 1 tsp oil**

*Feel free to substitute other herbs and spices.

**This may seem like an exception to a whole-food plant-based diet, but it is cut down from 3 tbsp to 1 tsp. It gives the dough a slight slippery feel. However it is okay to leave it out.

In a large bowl, mix together the vital wheat gluten flour, whole wheat flour if using, chickpea flour, and nutritional yeast. Add the spices, salt and pepper, and mix thoroughly (this is important because the dough comes together so quickly when you add liquid, that you don't want the dry ingredients to be unevenly distributed).

Add the water mixed with vinegar (and oil, if using), and quickly stir to bring the dough together. No kneading necessary! Form into 4 to 6 small loaves and wrap each in a piece of foil that slightly overlaps when closed. It's okay if the foil packages pop open when the dough expands during cooking, and in fact that's part of the process.

Put about 1 inch of water with a collapsible steamer or colander in a large pot, and place the foil-wrapped loaves on top. Bring to a boil, lower to a simmer and cover the pot. From the moment of boiling, cook these for 45 minutes, making sure the water doesn't boil away. Remove from the heat, let them cool; they will "set" even more upon cooling. These last at least 5 days in the fridge and freeze beautifully. Use in any seitan recipe, including with mustard for a sandwich!

