From the kitchen of David and Jennifer Deaven

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and a bit of soy sauce. Can be refrigerated for 1-2

90 minutes. Remove from heat. 4. Remove seitsn from pot, place in container with water 4.

minutes. Cut into 2 parts.

3. Place (C) in large pot, add dough and cover with water.
Bring to boil, reduce heat to medium-low, and simmer for

Remove from mixer, cover with towel and let stand 15

## Vegetarian/Seitan

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- A: 450g vital wheat gluten
  50g whole wheat flour
  25g nutritional yeast
  1T onion powder
  1T dried herbs (oregano, thyme, etc.)
  1T salt
  1/4t celery seed
  - 1t garlic powder 1/2t pepper, ground
- B: 265g water (warm) 30ml soy sauce
- C: 150g vegetables (onion, celery, carrot) 2c garlic 1 bay leaf
- Mix (A) on low speed in stand mixer with mixer attachment. Add (B) and mix until combined.
- Place dough hook on mixer, knead on low speed for 15-20 minutes, until dough pulls away from walls of bowl.



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