

# Seitan sate



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**For 3-4 servings:**

**For the seitan:**

1 kg flour  
1 teaspoon garlic powder  
1 teaspoon paprika powder  
1 tablespoon soy sauce

When you make the seitan dough add the paprika powder, the onion powder and the garlic powder. Than follow the [seitan recipe](#).

**For the marinade:**

a small onion  
3 cloves of garlic  
1 teaspoon fresh ginger (or powder)  
1 tsp coriander powder  
1/2 tsp lemon grass powder (optional)  
1/2 teaspoon salt  
2-3 tablespoons soy sauce

Blend all the ingredients for the marinade until a smooth paste is obtained.

After the seitan was “washed” allow to drain well. Cook for 30-40 minutes in water with a few peppercorns and a bay leaf. Drain well then cut into square pieces approx. 3 cm thick. Mix with the marinade. Refrigerate at least an hour.

Thread the seitan onto the skewers. Heat the grill pan. Grill for few minutes on each side.



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Serve with [peanut sauce](#), [nasi](#), vegetables, fries, etc..



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*Note:* Sate is a dish with origins in Indonesia, where occupies a leading position in the Indonesian cuisine. Nowadays sate knows many variations in Asian countries and in the West.

Instead of seitan you can use tofu/tempeh.