

Seitan

For 2-3 servings:

1 kg flour

warm water

a pinch of salt

In a bowl mix the flour with the salt and add gradually water until you get a dough as for bread. You can add different spices (not too many otherwise it will break the gluten). Knead the dough for about 5 minutes. Allow to rest for at least an hour in a warm place.



Seitan dough

“Wash” the dough under running cold water (in a bowl or colander) until the water is clear (it takes approx. 10-15 minutes).



Seitan

The remaining dough after washing (seitan) will be divided and shaped considering the final use of the seitan or it can be cooked whole and then cut into pieces.



Seitan

Cook the seitan in water with spices (salt, pepper, bay leaves, etc.) for about 30-40 minutes.

Seitan can also be cooked rolled in a clean kitchen towel/plastic film, tied at the ends.

After cooling remove the towel/plastic film and cut the seitan as desired.

Let it drain well.

Seitan can be used in various dishes.