

# Seitan schnitzel



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## For 4-5 schnitzels:

seitan (see recipe [here](#))  
1/2 cup soy milk  
3 tablespoons flour  
5-6 tablespoons breadcrumbs  
10 peppercorns  
2-3 bay leaves  
salt  
  
oil for frying



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Cook the seitan schnitzels in water with the peppercorns and

bay leaves, for about 30 minutes. Drain well. Roll the seitan schnitzels through the flour, then through the soy milk and finally through the breadcrumbs.

Fry them a few minutes on both sides, in hot oil, until golden brown.

Serve with side dishes and salads.

*Variation:* you can add different spices to the flour: dried basil, dried oregano, etc.