

Baked tofu in tomato sauce



For 2 servings:

300 g tofu, drained well and cut into pieces

1 tablespoon tomato paste or 2-3 tablespoons tomato passata

For the marinade:

1 teaspoon dried oregano

1 teaspoon dried thyme

1 teaspoon dried basil

1 teaspoon paprika powder

chili powder or dried chili flakes, to taste (optional)

salt and pepper, to taste

4-5 cloves garlic, mashed (or to taste)

2-3 tablespoons olive oil

Mix the spices (oregano, thyme, bususioc, paprika, salt and pepper) or you can use 2-3 tablespoons of seasoning for grill.

Mix all the ingredients for the marinade with 2 tablespoons of olive oil. Add the tofu and mix well until all the tofu pieces are coated with spices. Let it marinate in the fridge

for a few hours or it can be prepared the day before and left overnight to marinate.

Heat a tablespoon of olive oil in a pan, add the pieces of tofu and fry for few minutes, at medium heat, until golden-brown. Add the tomato paste dissolved in a little bit of water (or the tomato passata), stir fry for few minutes .

Serve with polenta or mashed potatoes, rice, cous cous, etc.

Variation: Instead of tofu you can use tempeh or seitan.

Seitan kebab



For the seitan:

1 kg flour (see the recipe [here](#))

Cook the seitan whole, in water with some bay leaves, peppercorns and allspice, for approx. 40 min.

Drain then slice finely.



Mix the following spices:

3 tsp. paprika

1/4 tsp. cumin powder

2 tsp. garlic powder

2 tsp. dried thyme

cayenne powder, to taste

salt and pepper, to taste

Pour the spice mix over the seitan spices and mix well. Cover and let it rest for at least an hour.

Fry the seitan in a little oil till golden brown.



Serve with pitta bread and lettuce, shredded red cabbage, tomato and pickles slices, [garlic sauce](#) or [avocado sauce](#).

Seitan nuggets



For approx. 12-15 pieces:

seitan from 1 kg flour (see recipe [here](#))

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 cup soy milk

4-5 tablespoons flour

6-7 tablespoons breadcrumbs

10 peppercorns

2-3 allspice berries

2-3 bay leaves

2 tablespoons grill/Italian mix seasoning

salt and pepper, to taste

oil for frying

Mix the garlic and onion powder with flour then follow the seitan recipe.

Drain the seitan dough well and cut it in the form of nuggets.

Cook the seitan pieces in water with peppercorns, allspice and bay leaves, approx. 30-40 minutes. Drain well.

Add the mix seasoning to the flour and mix well. Roll the seitan nuggets 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 more spices to the flour like: dried basil, dried oregano, etc.

Peasant's warm buffet

The plateau includes:

Tofu slices and tempeh pieces , marinated and fried. Instead of tempeh you can use seitan.

For the marinade:

2 tablespoons soy sauce
1 tablespoon olive oil
2 tablespoons grill spices
4-5 cloves garlic, mashed
1 teaspoon rosemary
chili pepper flakes, to taste
pepper and salt, to taste

Mix all ingredients. Pour over the tofu and tempeh, mix well and leave to marinate for several hours (or overnight). Fry in a little oil or bake in the oven.



2. seitan sausages (see recipe [here](#))
3. polenta (see recipe [here](#))
4. pickles
5. tomato, cucumber, onion, olives, chili etc.



Seitan gyros



Seitan gyros

For 3-4 servings:

For the seitan:

1 kg flour
1 teaspoon paprika powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder

2 bay leaves
10 peppercorns

The preparation of seitan is described [here](#).

Cook the seitan, whole, in water with the bay leaves and peppercorns, for about 30-35 minutes. Drain well then cut into small pieces.

For the marinade:

6 cloves of garlic, mashed
2 tablespoons olive oil
2 teaspoons thyme
1 teaspoon oregano
1 teaspoon paprika powder
1 teaspoon coriander powder
1/4 teaspoon cumin powder
chili powder, to taste
salt and pepper, to taste

Mix all ingredients.

Pour the marinade over the pieces of seitan, mix well and leave to marinate for at least an hour (the longer, the better).

Fry the seitan gyros in 1-2 tablespoons olive oil.

It can be served with [pita bread](#), fries, [garlic sauce](#), tomatoes, onions and pickles.

Note: Gyros is a traditional Greek dish.

Grilled seitan & vegetables skewers



Grilled seitan & vegetables skewers

For 6-8 servings:

seitan

2 zucchini

2-3 onions

2-3 sweet peppers

For the seitan:

1 kg flour
1 teaspoon paprika powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder

2 bay leaves
10 peppercorns

The preparation of seitan is described [here](#).

Cook the seitan, whole, in water with the bay leaves and peppercorns, for about 30-35 minutes. Drain well then cut into approx. 3 x 3 cm (1 x 1 inch) pieces.

For the marinade:

6 cloves of garlic, mashed
2 tablespoons olive oil
2 teaspoons thyme
1 teaspoon oregano
1 teaspoon paprika powder
salt and pepper, to taste

Mix all ingredients.

Wash the vegetables and cut into pieces.

Pour the marinade over the seitan and vegetables, mix well and leave to marinate for at least one hour (the longer, the better).

Thread the seitan pieces and vegetables on skewers.

Grill the seitan and vegetables skewers, on each side, on a pre-heated grill pan.



Grilled seitan & vegetables skewers

Grilled seitan and vegetables



Grilled seitan and vegetables

For 3-4 servings:

seitan
2 zucchini
2-3 onions
2-3 sweet peppers

For the seitan:

1 kg flour

1 teaspoon paprika powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder

2 bay leaves
10 peppercorns

The preparation of seitan is described [here](#).

Cook the seitan, whole, in water with the bay leaves and peppercorns, for about 30-35 minutes. Drain well then cut into four equal pieces.

For the marinade:

6 cloves of garlic, mashed
2 tablespoons olive oil
2 teaspoons thyme
1 teaspoon oregano
1 teaspoon paprika powder
salt and pepper, to taste

Mix all ingredients.

Wash the vegetables and cut into pieces.

Pour the marinade over the seitan and vegetables, mix well and leave to marinate for at least one hour (the longer, the better).

Grill the seitan and vegetables on a pre-heated grill pan.



Grilled seitan and
vegetables

Seitan teriyaki with rice noodles



Seitan teriyaki with rice
noodles

For 5-6 servings:

Seitan from 1 kg flour (see recipe [here](#))

100 ml teriyaki sauce

After cooking cut the seitan into pieces of approx. 2 cm x 2 cm. Mix it with the teriyaki sauce and marinate for at least one hour.

Thread the seitan pieces on skewers. Heat the grill and grill them for about 2-3 minutes on each side.

For the noodles:

400 g rice noodles

5 tablespoons soy sauce

5 tablespoons sesame seeds

2 ½ tablespoons rice vinegar

1 tablespoon raw sugar

2-3 green onions, finely chopped (optional)

Cook the noodles according to the packet instructions. Drain.

In a bowl, prepare a dressing of soy sauce, rice vinegar and raw sugar. Mix it with the noodles, sesame seeds and the green onions.

Seitan chili



Seitan chili

Seitan made from 1 kg flour (see recipe [here](#))

1 teaspoon paprika

1 teaspoon onion powder

1 teaspoon garlic powder

½ teaspoon turmeric

2 onions, chopped

1 bell pepper, finely sliced

3-4 tablespoons tomato puree

4 cloves of garlic

2 cm ginger

1 tsp coriander powder

1 teaspoon garam masala
fresh chilli /chilli powder, to taste
2 tablespoons oil
salt

Fresh coriander, finely chopped, for garnish (optional)

When you make the seitan dough add the paprika powder, the onion powder and the garlic powder. Than follow the seitan recipe.

Cut the well drained seitan into pieces (2×2 cm, it will increase the volume) and cook it in water with a little bit salt and the turmeric, approx. 20 minutes. Leave it to drain .

Prepare a paste of ginger and garlic.

Dissolve the tomato puree in a glass of water and add the spices.

Heat the oil in a pan and stir fry the onion for 2-3 minutes. Add the bell pepper, the paste of ginger and garlic and the tomato puree. Cook for 1-2 minutes and than add the seitan . Cover and simmer for 15-20 minutes, stirring frequently (if needed add a little bit of water).

Garnish with fresh coriander .

Serve with basmati rice/[biryani](#) and/or [naan bread](#).

Seitan sausages



Seitan sausages

For 3 pieces:

seitan from 1 kg flour (see recipe [here](#))

1 $\frac{1}{2}$ teaspoon paprika powder

$\frac{1}{2}$ teaspoon onion powder

$\frac{1}{2}$ teaspoon garlic powder

4 cloves of garlic, mashed

1 tablespoon mix seasoning (marjoram, thyme, juniper berry)

1 tsp dried chilli flakes

salt and pepper

plastic film

jute rope

When you prepare the dough for seitan add the paprika powder, onion powder and the garlic powder to the flour. Further follow the steps of the seitan recipe.

After “washing” the dough add the rest of the spices, the garlic and the chili flakes to the seitan and mix well being careful not to “break” the seitan. Drain well.

Divide the seitan into three equal pieces. Roll each piece in plastic film and tie the ends with a piece a rope.



Seitan sausages

Cook the sausages in water for 40 minutes.

Before serving remove the plastic film and fry them a few minutes in oil until golden brown (you can also grill or bake them in the oven).

Note: You can keep them 2-3 days in the refrigerator in the plastic film to prevent drying.



Seitan sausages