

Vegan hachee



Vegan hachee

For 3-4 servings:

Seitan, uncooked and cut in pieces (see the recipe [here](#))

When you prepare the seitan dough add:

- 1 teaspoon paprika powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- $\frac{1}{2}$ tsp carob powder (for color)

For the sauce:

- 1 kg onion
- 3 bay leaves
- 2-3 cloves
- 1 teaspoon thyme
- 1 teaspoon rosemary
- $\frac{1}{2}$ l beer
- 2-3 tbsp tomato puree
- 2tbsp flour
- 1 tablespoon oil
- salt and pepper, to taste

Slice the onions and fry them a few minutes in oil, along with the spices. Add the beer and the seitan pieces. Cover and

simmer until the seitan and onions are well-done. If needed add a little bit water.

Add the tomato puree and the flour and continue cooking for another few minutes. Add salt and papper to taste.

Serve with boiled potatoes.

Note: Hachee is a traditional Dutch dish.



Vegan hachee

Celery root in tomato sauce



Celery root stew

For 2-3 servings:

1 celery root
1 onion
3 tablespoons tomato puree
1 tablespoon oil
salt and pepper

seitan (optional)

Peel, wash and cut the celery in medium size pieces. Stir fry the finely chopped onion, 1-2 minutes, in oil. Add the celery and cover with water. When the celery is almost cooked add the seitan (optional), tomato puree, salt and pepper to taste. Continue cooking until the celery is done.

Variation: You can add olives along with the tomato puree.

Seitan stufat



Seitan schnitzel



Seitan schnitzel

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



Seitan schnitzel

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.

Olives & seitan in tomato sauce



Olives & seitan in tomato sauce

For 4 servings:

seitan, cut (see recipe [here](#))

1/2 kg olives

3 large onions, finely chopped

3-4 tablespoons tomato paste

1 tablespoon oil
salt and pepper, to taste

Stir fry the onions in oil for about 2-3 minutes. Add the tomato paste dissolved in a cup of water, seitan and olives. Cook for about 10-15 minutes until the olives softened. If need add a little bit more water.

Add salt and pepper to taste.

Seitan sate



Seitan sate

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. Then 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.



Seitan sate

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



Seitan sate

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.

Seitan in tomato sauce



Seitan in tomato sauce

For 2-3 servings:

For seitan (see recipe [here](#))

2 teaspoons paprika powder

1 teaspoon garlic powder
1 teaspoon onion powder
1 tsp carob powder (optional, for color)
2 tablespoons soy flour (optional)
10 peppercorns
2 bay leaves

For the sauce:

4-5 tablespoons of tomato passata (or 2-3 tablespoons tomato paste)
4-5 cloves of garlic, finely chopped
2 teaspoons thyme
2 tablespoons olive oil
salt and pepper, to taste

Add to the seitan dough the paprika-, carob-, onion-, garlic powder and soy flour than follow the steps from the seitan recipe.

Cut the seitan into desired shape and cook for about 30-40 minutes, in water with peppercorns and bay leaves. Drain well.

Put the seitan in a oven tray.

Mix the olive oil, tomato passata (or the tomato paste dissolved in a cup of water) with the garlic and spices. Pour over seitan and bake in the oven on medium heat for about 15-20 minutes.

Served with various side dishes and salads / pickles.

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.

Vegan shoarma



Vegan shoarma

For 4-6 servings:

For the seitan:

seitan (see recipe [here](#))

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon paprika powder

1 tsp carob powder (optional, for the color)

When you make the seitan dough add the ingredients above. Further follow the steps from the seitan recipe.

After cooking, drain the seitan well then cut into pieces approx. 3-4 cm long and 0.5 cm thick.

For the marinade:

shoarma spices (shop bought)

or:

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

1 teaspoon paprika powder

a pinch of cayenne pepper
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon white pepper
 $\frac{1}{4}$ teaspoon fennel seed powder
 $\frac{1}{4}$ teaspoon ground cloves
 $\frac{1}{2}$ teaspoon ginger powder
 $\frac{1}{4}$ teaspoon fenugreek powder
2 tablespoons olive oil
salt

Mix all the spices with the olive oil. Pour over the seitan, mix well and marinate for at least an hour, in the refrigerator.



Vegan shoarma

Before serving fry it in a little bit of oil until brown.

Serve with [pita bread](#), [garlic sauce](#) and: lettuce, tomatoes, cucumbers, bell peppers, etc .