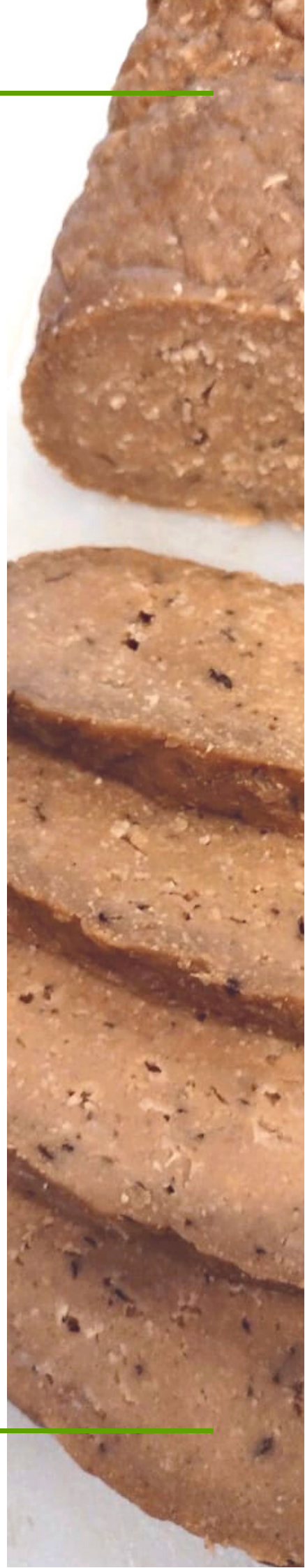

HOMEMADE SEITAN

This is my take on homemade seitan. I used a multi-pot to cut down the steam time to 20 minutes (which can be an hour plus in some recipes). #gamechanger!

INGREDIENTS

- 1-2 tablespoons EVOO
- 1 medium onion, minced
- 2-3 garlic cloves, minced
- 3 tablespoons tomato paste
- 1 teaspoon kosher salt, divided, more to taste
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1/2 cup vegan Worcestershire sauce
- 1 tablespoon liquid smoke
- 1 teaspoon smoked paprika
- 1/3 cup chickpea flour
- 1/4 cup nutritional yeast
- 1 cup vegetable stock, plus 2 cups for steaming
- 2 cups vital gluten wheat



DIRECTIONS

1. Add EVOO to skillet and heat over medium heat. Add onion and a pinch of salt, and saute until soft and translucent, about 5 minutes.
2. Add garlic and saute until fragrant, about 30 seconds. Add tomato paste and cook until paste is a dark red or brick color. Remove from heat.
3. Place tomato paste mixture in food processor. Add 1/2 teaspoon kosher salt, onion powder, garlic powder, thyme, Worcestershire sauce, liquid smoke, smoked paprika, chickpea flour, nutritional yeast, and 1 cup vegetable stock. Process until well combined, season to taste, process again, and then remove from the processor. Place in large mixing bowl.
4. Add flour to tomato paste mixture. Knead with hands.* until mixture feels firm and springy, at least 3-5 minutes. Do not skimp on this part. The more you knead it, the more of a meaty texture it will develop.**
5. Shape mixture into a flat rectangular brick (about 7-8 inches long, 4 inches wide) and wrap securely in aluminum foil.
6. Add 2 cups of vegetable stock to bowl of multi-pot. Place lid on tightly, choose "STEAM" setting, and program for 20 minutes on HIGH. Release steam and remove seitan from multi-pot.

You can stop here and use the seitan any way you prefer, in wraps, sandwiches, pan-fried, smothered, etc. But if you want to see how I make BBQ Ribz on my grill, read on!

Preheat grill to medium. Place seitan on cutting board and slice into 1/2-1 inch thick pieces. Baste with BBQ sauce of your choice (see Tablespoon BBQ Sauce recipe). Grill on each side for 3-4 minutes. Be sure to place seitan ribz perpendicular on the grill to get those beautiful grill marks. Remove from heat and baste with more BBQ sauce if desired.

*You can knead this in a stand mixer using the hook attachment if you prefer.

**If you are planning to grill the seitan, you don't have to knead it as long, because it may develop a chewier texture when you grill it.