



Chick'n Seitan

This is a soft textured seitan that closely emulates chicken and works well as either nuggets or goujons. These work well in stir fries or coated in batter and deep fried.

Ingredients

1 Litre Vegan Chicken Stock
1 Onion – peeled and halved
1 sprig Rosemary
2 sprig Thyme

Wet ingredients

290g Silken Tofu
1 Tbsp Miso Paste
10g Nutritional Yeast

2 tsp Garlic Powder
2 tsp Onion Powder
1 tsp Salt
10g Dried Onion
50ml Stock

250g Vital Wheat Gluten



Method:

Add all the wet ingredients to a 750ml Liquidiser and blitz until smooth.

Add this and the wheat gluten to the bowl of a stand mixer and combine with a spatula until the flour is absorbed.

Mix on low with a dough hook for 8 to 10 minutes.

The result will be a firm but soft dough

Heat the remaining stock in a large saucepan and add the onion, rosemary and thyme and leave to simmer.

When the dough is ready, cut into slices, goujons or nugget shapes, bearing in mind that these will expand.

Gently add the pieces to the simmering broth, cover with a lid for 30 minutes.

Turn the pieces in the broth and simmer for a further 25 – 30 minutes.

The pieces should be firm but tender and hold their shape and will firm up further when cooled.

Allow to rest until cool on a wire rack.

Use in preferred recipes.