

BBQ-Braised Vegan Air Fried Seitan Recipe

Ingredients

- 1 cup vital wheat gluten
- 1 tbsp. miso paste
- 1 tbsp. soy sauce
- 1 tsp. garlic powder
- Oil, for cooking
- 2 cloves of garlic, minced
- ½ medium onion, sliced
- ½ cup of your favorite vegan BBQ sauce (plus more, if desired)
- 1 tbsp. brown sugar

Steps

1. Mix the vital wheat gluten, garlic powder, soy sauce and miso paste together in a bowl, slowly adding ½ cup of water until a stretchy, firm dough forms. Knead for about one minute, then cut the dough into small pieces (about 5 grams, or between ½-1 tsp). Roll those pieces into small balls, and set aside.
2. Preheat your air fryer to 375°F (190°C). Add the balls in small batches, and cook for 5 minutes. When they're done, they should have blown up into spheres- don't get too excited, sadly they will soon deflate. Set aside, and continue cooking the dough in batches until it is all gone.
3. In a small bowl, combine the brown sugar and BBQ sauce with 1 cup of water and whisk together. Add a small amount of oil to a large skillet, and sauté the onions and garlic for about 2 minutes, or until fragrant. Add the seitan puffs, and the diluted BBQ sauce. On a medium heat, bring to a simmer and continue to cook, stirring often. Once most of the liquid has been absorbed by the seitan or evaporated, the sauce will become thicker and sticky. Remove from the heat and serve as is, or with additional BBQ sauce, as desired.

