

# Stuffed Seitan Vegan Holiday Roast

## Ingredients

### For the Seitan

- 14 oz. container of firm or extra firm tofu
- ¼ cup soy sauce
- ¼ cup nutritional yeast
- 4-5 cloves of garlic
- 1 tsp. dried thyme
- ½ tsp. smoked paprika
- ½ tsp. ground allspice
- 1 ¾ cup (210 grams) vital wheat gluten

### For the Stuffing:

- 1-2 tbsp. olive oil
- 2 large button or cremini mushrooms, diced
- 1 large shallot, diced
- ½ cup fresh cranberries
- 2 large apples, diced
- 1 tbsp. chopped fresh herbs (such as sage, rosemary, thyme, tarragon)
- ½ cup finely chopped pecans
- Salt and pepper, to taste

### For the Cooking Liquid

- ½ cup dry white wine
- 1 large apple, quartered
- Fresh herbs
- 5-10 allspice berries
- 3 tbsp. whole grain mustard

## Steps

1. Combine all the ingredients for the seitan besides the vital wheat gluten in your food processor and process until smooth. Add the vital wheat gluten and process until it forms a ball. Dust your clean countertop with a little more vital wheat gluten, and knead for 3-4 minutes. Let the seitan rest for 10 minutes, and then use a rolling pin to roll a large rectangle, about 16x8 inches. Preheat the oven to 400°F (200°C) and move on to the stuffing.



2. Heat the olive oil in a large skillet, before adding the mushrooms and onions. Sauté for a few minutes until fragrant, then add the cranberries. Cook for 4 more minutes, until the mushrooms have lost some moisture and the cranberries are softened. Add the apples and sauté until they too have softened. Season with salt and pepper, and mix in the pecans. The mixture should be fairly dry- if not, cook longer.

3. Give the stuffing a minute or two to cool, before spreading it over the seitan, leaving ½-1 inch empty along the long sides and one of the short ends. Starting at the covered short end, roll the seitan in a spiral. Pinch both ends of the log closed, and pinch the seam closed several times to insure they won't fall apart when baking. Grease a baking dish that's just a little larger than your seitan roast, and place the seitan roast in, seam-side down.

4. Place the white wine, quartered apple, more fresh herbs, and the allspice berries along the sides, and brush the top with the mustard. Bake for 30 minutes, then remove from the oven and baste with the cooking liquid. Place back in the oven for another 30 minutes before basting again (add a tbsp. more wine if needed), and then cook for a final 15-30 minutes, until all the liquid has evaporated.

5. Wait 5-10 minutes before removing from the pan. Discard the allspice berries, quartered apple, and herbs. Serve with vegan gravy and enjoy!