

Simple Simmered Seitan Recipe for Stir Frying

Ingredients

- 1 ¼ cups (150g) vital wheat gluten
- ¼ cup (30g.) chickpea flour
- 1 tsp. garlic powder
- ½ tsp. smoked paprika

For the Simmering Broth

- ½ cup soy sauce
- 1 tbsp. apple cider vinegar

Steps

1. Combine the vital wheat gluten, chickpea flour, garlic powder, and smoked paprika in a mixing bowl, and whisk well to remove any clumps. Add water gradually (in total about 2/3 of a cup, or 160ml), using a spoon or your hands to combine, until all the flour is incorporated into a dough. Remove the dough from the bowl, and kneed it about 10 times, until it's fairly even. Return to the bowl, cover with a cloth, and let rest for at least 5 minutes.
2. Once rested, make the dough into a round disk around 2 inches thick or a little thinner. Add the soy sauce, apple cider vinegar, and 3 cups of water to a medium-sized saucepan, and place the seitan inside. Bring the water up to a gentle simmer, and set to simmer for one hour. Don't let the broth boil, just keep it at a gentle simmer. At some point, about half way through the cook time, make sure to flip your seitan.
3. After one hour, turn off the heat and let the seitan and broth cool down. Store the seitan in a contain with the simmering broth in the fridge until use.

Notes: This seitan is perfect for cutting into smaller pieces and stir frying, as without additional cooking, and in larger pieces, it is a little tough and chewy.

