

Sage & Onion Seitan

Makes 10 portions

1 med onion	1 tbsp vegan vegetable bouillon powder
3 cloves garlic	½ teaspoon white pepper
1 teaspoon oregano	2 tablespoons nutritional yeast
1 small bunch sage	150ml water
300g cooked chickpeas or any other cooked beans	200g wheat gluten

Equipment

A food processor

A food mixer for best results

1 lb bread tin or an ovenproof dish of a similar size

An ovenproof dish with a lid that the bread tin can fit inside

Instructions

1. Roughly peel and chop the onion and garlic.
2. Place into the food processor with the oregano, sage, cooked chickpeas, bouillon powder, white pepper, nutritional yeast and half of the water. Blitz until smooth.
3. Add the rest of the water and blitz again.
4. Pour the mixture into the food mixer with the wheat gluten. Mix on a slow speed until combined. Increase the speed for a minute to work the gluten. This can be mixed by hand, it is hard work. Or small amounts can be mixed in a food processor.
5. Line a 1 pound bread tin or a dish of a similar size with a piece of greaseproof paper. Fill with the seitan and level. Cover with an ovenproof lid or a sheet of greaseproof paper.
6. Sit this inside the large dish. Add water to the dish to come half way up the bread tin. Place the lid on top.
7. Cook in the oven at 160°C (fan oven), 180°C conventional oven for 90 minutes.
8. Leave to cool quickly then place in a fridge until completely cold before thinly slicing.

I freeze this in tubs then take out slices for sandwiches or roast.

The uncooked seitan can also be rolled out until 1cm thick, cut into small strips and shallow fried.