

Homemade Seitan



This scrumptious seitan roast recipe is a fantastic way to substitute meat in traditional dishes, offering incredible culinary versatility. Perfect for vegans and anyone looking to increase their intake of plant-based proteins. This meat alternative stands out for its zero cholesterol, higher protein content, and significant reduction in fat content, plus the addition of fiber thanks to white beans. Dare to try it!

You can chop it, shred it like chicken pieces, slice it into strips or cubes, etc.! The possibilities are endless. Here are some ideas:

- Shred it with your fingers to add to pasta, such as in our [Pasta with seitan and mushrooms](#)
- Cut it into thin slices to add to a panini, or into a thick round for a breakfast sandwich like our [Gusta seitan burger breakfast sandwich](#)
- Finely chop it to replace ground meat in shepherd's pie or meat pie.
- Cut it into large cubes to add to a fresh salad, such as our [Fresh fruit and vegetable salad](#).

Preparation 10 min

Cooking 80 min

Servings 8

Nutrition Facts (per serving)

Calories 135

Fat 0,5

Carbohydrates 6

Fibre 1,5

Protein 27

Ingredients

- 250 ml (1 cup) warm water
- 165 ml (? cup) no-salt-added canned white beans, rinsed and drained
- 45 ml (3 tbsp) beet juice
- 30 ml (2 tbsp) brown miso
- 15 ml (1 tbsp) balsamic vinegar
- 500 ml (2 cups) gluten flour
- 10 ml (2 tsp) smoked paprika

Preparation

1. Preheat the oven to 350°F (175°C)*.
2. In a blender, blend water, white beans, beet juice, miso, and balsamic vinegar until smooth.
3. In a large bowl, mix flour and paprika. Add the liquid mixture and mix until a dough forms and all the flour is moistened.
4. Transfer the dough onto a clean work surface and knead vigorously with your hands for about 3 minutes, until the dough is elastic in texture. Divide the dough in two.
5. Make a papillote with each dough ball: wrap each piece in aluminum foil about 3 times their size, leaving a bit of air to allow the seitan to expand. Fold the ends underneath to ensure an airtight package.
6. Bake in the oven for 1h20, turning halfway through.
7. Let cool on the counter and transfer to the refrigerator until completely cooled before unwrapping.
8. Now it's ready to be cut into the desired shape and enjoyed!

Notes: It is also possible to "poach" the seitan in a pot instead of baking. If this option is chosen, skip the oven preheating step and replace step 5 with these:

1. Wrap each dough ball in plastic wrap and tie both ends, leaving 2 cm free to allow the dough to expand.
2. Fill a large pot with water, bring to a boil, and submerge the seitan roasts.
3. Lower the heat and poach the seitan on low for 1 hour, turning occasionally.

The more the seitan is kneaded, the more rubbery and dense the final product will be. The less it is kneaded, the more spongy and tender it will be. You can adjust to the desired outcome.

Notes

Keeps for 1 week in the refrigerator, in an airtight container. Can be frozen for up to 3 months.



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