



Seitan and Dumplings

SERVES 6

Important: Be sure to give yourself enough time to cook the seitan.
For a quicker recipe, you can use *store bought seitan*.

INGREDIENTS

Seitan

1 cup vital wheat gluten flour
1/4 cup chickpea flour
1/4 cup nutritional yeast
1 teaspoon onion powder
1/2 teaspoon garlic powder
1 1/2 teaspoons vegetable broth powder
1/2 cup water
2 tablespoons freshly squeezed lemon juice
2 tablespoons soy sauce
2 cups vegetable broth



Dumplings

1 1/2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1 1/2 tablespoons **vegan margarine**
3/4 cup **soy milk**

Stew

1/4 cup olive oil
1 medium onion, diced
2 cloves garlic, minced
3 stalks celery cut into 1/4" pieces
3 carrots, peeled and cut into 1/2" pieces
6 cups **vegetable broth**
1 tablespoon freshly squeezed lemon juice
2 bay leaves
1 teaspoon dried thyme
1 teaspoon salt
freshly ground black pepper to taste
1/4 cup minced fresh parsley

METHOD

1. Prepare the seitan. Preheat oven to 325 degrees Fahrenheit.
Lightly oil a lidded casserole dish with non-stick spray.
Combine flours, nutritional yeast, spices and vegetable stock powder in a large bowl. Mix the water, lemon juice and soy sauce in a small bowl. Add the wet ingredients to the dry

ingredients and stir until a dough forms. Adjust amount of water or gluten as needed ([see tip](#)). Knead the dough for 5 minutes, then form into a loaf. Place the seitan in the casserole dish and cover with 2 cups of vegetable broth. Cover and cook for 40 minutes. Flip the loaf, then cover and cook for another 40 minutes. Remove the seitan from the dish and allow it to rest until cool enough to handle. Cut into bite-sized chunks.

2. Prepare the dumplings. Combine flour, baking soda and salt. Cut in the soy margarine with a pastry cutter or a couple of knives until mixture has the consistency of coarse meal. Add the soy milk and stir until the dry ingredients are just moistened. Cover and keep in the fridge until needed.
3. Prepare the stew. Heat the olive oil in a large pot over medium heat. Add onion, garlic, celery and carrots. Cook for 15 minutes or until onions are translucent. Add the broth, lemon juice, bay leaves, thyme, salt and pepper, then bring to a boil. Lower the heat to a simmer and cook 5 minutes.
4. While the stew continues simmering gently, drop in small spoonfuls of dumpling batter. Cover and cook for 20 minutes without stirring or removing the lid.
5. Once the dumplings are done cooking, stir them into the rest of the stew, then add the seitan. Cook for 1 minute or until heated through. Turn off the heat and stir in the parsley, then



serve.