

Basic Recipe Seitan (*recipe for 4 - 6 servings*)



Ingredients Seitan:

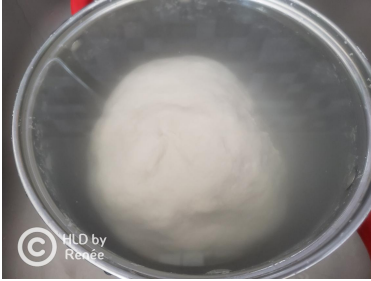
- 1 kg wheat flour
- 1 tsp salt
- 500 ml water
- Bouillon, to boil in

Instructions:

1. Mix the flour with the salt in a bowl. Add the water until you get a flexible dough.
2. Knead the dough for about 15 minutes by hand or 5 minutes with a kneading machine until it's elastic.



3. Make a smooth ball and put it in a bowl with **cold** water. Let it rest for about 30 minutes.



4. Pour the water away and fill it again, but this time with **lukewarm** water.
5. Start kneading the dough underwater. In the beginning it might look like it's going to dissolve, but don't worry, it won't.
6. Keep kneading until all of the starch is gone. You can test this by refreshing the water, and if it doesn't turn white straight away, your seitan is done.



7. Take it out of the water and press it tight to make it more compact. Slice it into 4 pieces and boil these pieces in a pan with bouillon for about 30-45 minutes. The seitan will double in size.



8. Take it out of the bouillon and use it as you like.
9. Keep in mind that this is a **basic** recipe and it's recommended to marinate or season the seitan before you use it!