

Shredded Seitan

Type: Main Dish

Serves: 6

Time to Prepare: 60 minutes

Ingredients

1 cup of wheat gluten

¼ cup of flour

1 tsp. garlic powder

1 tsp. paprika

1 tsp. freshly ground pepper

1 tsp. onion powder

1 tbsp. sesame oil

1 tbsp. tahini

3 tbsp. soy sauce

1 cup of water

Option: 1 tsp. cayenne pepper

Instructions

In a metal bowl, mix the dry ingredients together with a whisk.

Add in the sesame oil and tahini and mix together.

Add in the soy sauce and water and mix everything by hand until it is well combined.

Oil a glass baking dish.

Press the seitan into the glass baking dish.

Bake on 350 degrees for 30 minutes.

Let it cool down.

Cut pieces of the gluten and put them in a food processor or blender, but do not fill it up too much.

Pulse the gluten until it shreds.

Repeat this until all of the gluten is shredded.

Place the shreds in a sauce and let it sit for at least 1 hour.

Kitchen Equipment

Metal Bowl
Measuring Cup
Measuring Spoon
Whisk
Glass Baking Dish

Presentation



The shredded gluten looks nice when used in a sandwich. Place the gluten on the bottom bun and leave the top bun off so diners can see what they are getting.

Time Management

Gluten takes awhile to prepare, but does not require much labor. Once the gluten is placed in the oven, spend the time to wash out the metal bowl then as the remaining flour and gluten pieces left in the bowl will harden and become a pain to wash out if the bowl is left to sit. The same goes for the whisk. Once you have that done, you can make whatever sauce you want to use for the gluten while it finishes baking and cooling down.

Complimentary Food and Drinks

This is absolutely the best with BBQ sauce (which was part of Basics Week 1!) If you do use it with the BBQ sauce, serve it with a nice amber beer.

Where to Shop

Stores with bulk bins, such as Sprouts, Wild Oats, Whole Foods, Central Market, etc. have the best prices on wheat gluten. If you do not have a store like that near you, you can find it at veg-friendly markets in a packaged form. Look for Bob's Red Mill as that is the most common packaged variety. You can, if all else fails, extract wheat gluten from flour, but it is a very tedious process. For the tahini, go to a Middle Eastern market or a store that supports organics for an organic version. All of the other ingredients should be very easy to find.

How It Works

Baking the wheat gluten on 350 degrees toughens enough to be shredded, but not so much that it gets crispy. The tahini gives it a nice smooth texture. All of the other dry ingredients are in there for flavor. They are used in excess because wheat gluten cuts flavors, so more needs to be used than usual in order for those flavors to come through.

Chef's Notes

There are several ways to prepare wheat gluten depending on what you want to do with it. I've found this one to be the best way for a tender shredded BBQ sandwich. If you want to put some extra flavor into the wheat gluten, bake it a higher temperature, which will dry it out, and then pressure cook it for about 20 minutes with an intensely flavored liquid.

Nutritional Facts (individual servings in parentheses, does not include any options)

Calories 615(103)

Calories from Fat 171 (29)

Fat 19g (3g)

Total Carbohydrates 33g (5.5g)

Dietary Fiber 4g (.67g)

Sugars 1g (n/a)

Protein 78g (13g)

Salt 3015mg (503mg)

Vitamin A 13% (2%)
Vitamin B6 14% (2%)
Vitamin C 2% (n/a)
Calcium 1% (n/a)
Iron 12% (2%)
Thiamin 9% (1.5%)
Riboflavin 4% (.67%)
Niacin 19% (3%)
Folate 4% (.67%)
Phosphorous 16% (3%)
Potassium 8% (1%)
Zinc 6% (1%)
Magnesium 10% (2%)
Copper 6% (1%)

Interesting Facts

Gluten is the part of wheat that develops as it is needed, making it stick together.

Gluten isn't the only way to make mock meats. Tapioca flour can also be used.

Gluten is a protein with a long molecule strand that easily makes connections to other molecules.