

# *FROM WHEAT TO “MEAT”*

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A Homemade Way to Add Meaty Texture to Your Plant-Based Meals



Seventh Day Adventist Church - Hot Springs, SD

# What Is Gluten?

Gluten is a protein naturally found in the wheat plant and certain other grains like rye, barley, and triticale (a hybrid of rye and barley). In baking, gluten acts as a binding agent, holding processed foods together and giving them shape. It can also be extracted, concentrated, and added to various foods and products to enhance protein content, texture, and flavor.

Whole grains containing gluten provide essential nutrients, protein, and soluble fiber. To create a meat-like substance, Buddhist monks (who are traditionally opposed to killing), discovered centuries ago that washing the starch from these grains can isolate the stringy gluten fibers, which then can be cooked to make a meaty food, which they named “seitan” (pronounced “say-tan”). Seitan is high in protein and important minerals, such as selenium and iron, while low in fat and carbs. It can be flavored and prepared using diverse cooking methods to produce a taste and texture very similar to the chicken, beef, pork, or any other meat that people may be accustomed to eating--but without the saturated fat and cholesterol that come with animal products. Thus, seitan serves very useful for those who are trying to decrease their meat consumption, yet crave a past favorite meaty dish. Once gluten is prepared, it can substitute in recipes that call for meat and prepared in similar fashion. Those who are gluten-sensitive or intolerant (such as those with Celiac Disease) should avoid products containing gluten.

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## Gluten Casserole

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### *ingredients*

1 cup celery, chopped  
3 cups carrots, pre-cooked and chopped  
1 green bell pepper, chopped  
1 onion, chopped  
2 cloves garlic, minced  
1 can tomato soup  
2 Tbsp soy sauce  
1 tsp ground cumin  
1/2 tsp chili powder  
1/2 tsp Savorex OR Marmite OR a bouillon cube  
gluten cutlets

### DIRECTIONS

- 1:** For the sauce:  
Sauté the first 5 ingredients.  
Add the next 5 ingredients to the sauteed veggies
- 2:** Lightly oil a casserole dish.
- 3:** Place gluten cutlets in the dish.
- 4:** Pour the veggie sauce over the cutlets.
- 4:** Bake at 350 degrees for 30 minutes.

# Basic Instant Gluten

Serves 2-4

<i>ingredients</i>	DIRECTIONS
1/2 cup instant vital wheat gluten flour	<b>1:</b> In a medium bowl, stir together the wheat gluten and water until it becomes elastic.
1/2 cup water	<b>2:</b> Knead for 5 minutes and set aside.
	<b>3:</b> Choose a plant-based meat flavoring sauce to use with your prepared dough.

# Basic Gluten From Scratch

Serves 2-4

<i>ingredients</i>	DIRECTIONS
2 cups whole wheat flour	<b>1:</b> In a large bowl, stir together the flours. Add the water and mix. Knead together until well combined. Cover bowl and let sit 30 minutes.
2 cups all purpose flour	<b>2:</b> Wet hands and knead dough for 1 minute, then return to bowl. Place bowl in sink and add cold water until the bowl is full. Squeeze dough with your hands until the water turns cloudy (don't worry if it falls apart, just keep kneading. Carefully pour off water (keeping the dough in the bowl with your hands) and fill bowl again with cold water. Repeat this process of squeezing dough in fresh cold water 5 or 6 times until dough starts to solidify and water is no longer cloudy. Repeat process 2 more times, alternating between warm and cold water.
1 3/4 cups water	<b>3:</b> WHILE YOU ARE RINSING: Start stretching and pulling the dough. When it becomes a cohesive elastic mass (similar to bubble gum) rinse one final time in cold water. Squeeze any remaining water from the dough and set aside.
	<b>4:</b> Choose a plant-based meat flavoring sauce to use with your prepared dough.

# Gluten Sauces

Serves 2-4

Below you will find lists of ingredients for various flavors of broth which you will use to flavor the gluten you have made. Select a sauce and follow the steps below:

In a large saucepan, bring all the ingredients to a boil.

Slice the gluten into steaks, chunks or strips and drop carefully into the broth.

Reduce heat and cover with a lid. Let simmer for 50-60 minutes, stirring every 10 minutes, until broth has reduced completely.

Use your flavored gluten immediately in your dish of choice, store in the refrigerator for up to 1 week, or freeze for up to 6 months.

FOR A CHEWIER TEXTURE: Once you've boiled the gluten in the sauce, bake it at 350 F in a lightly oiled baking dish for 30 minutes.

<i>Mock Turkey Broth</i>	<i>Mock Chicken Broth</i>
2 cups water 3 Tbsp Nutritional Yeast 2 Tbsp Tamari 1 tsp vegan Worcestershire sauce 1 tsp onion powder 1/2 tsp salt 1/2 tsp dried sage 1/2 tsp dried thyme	2 cups water 1/4 cup Nutritional Yeast 2 Tbsp Tamari 1 tsp onion powder 1 tsp dried sage 1/2 tsp dried thyme 1/2 tsp salt 1/4 tsp celery seed
<i>Mock Beef Broth</i>	<i>Mock Fish Broth</i>
2 cups water 1/4 cup Tamari 2 tsp vegan Worcestershire sauce 2 Tbsp Nutritional Yeast 1 tsp onion powder 1/2 tsp cayenne pepper 1/4 tsp dried sage	2 cups water 2 Tbsp Tamari 1/2 tsp kelp powder 1/4 tsp salt 1/4 tsp cayenne pepper

# Family Gluten Recipe

<i>ingredients</i>	DIRECTIONS
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## BROTH:

3 quarts water  
1 cup soy sauce  
1/2 cup nutritional yeast flakes  
1 cup chopped onion  
2 cups tomato juice  
1/4 tsp thyme  
1/4 tsp bay leaf

## GLUTEN CUTLETS:

Dry ingredients...

3 1/2 cups vital wheat gluten flour  
1/2 cup whole wheat flour  
1/2 cup soy flour  
1/2 cup nutritional yeast flakes  
2 Tbsp onion powder  
1 Tbsp garlic powder  
a shake of thyme

Wet ingredients...

3 cups cold water  
1/2 cup soy sauce

- 1:** Mix the wet and dry ingredients separately.
- 2:** Add the wet mixture into the dry ingredients--mix quickly and thoroughly. Best way is to use your hands. Don't try to force all of the flour to mix in; that can make it too dry.
- 3:** Form the gluten into 2 sausage rolls. Slice into cutlets.
- 4:** Drop one by one into the boiling broth. Simmer for 1 1/2 hours.

**TIP:** These cutlets freeze very well for future use as needed.



# Sloppy "Foes"

<i>ingredients</i>	DIRECTIONS
1 quart canned tomatoes 2 cans tomato soup 1 can tomato paste 1 Tbsp garlic powder 1 Tbsp honey 1/4 tsp cayenne pepper 1/4 tsp chili powder 2 chopped onions 1 cup chopped celery 1 chopped green bell pepper 2 cups ground (or cubed) gluten	<b>1:</b> Bring to a simmer the first 7 ingredients. <b>2:</b> Sauté the onion, celery, and bell pepper. <b>3:</b> Finally, add the gluten to the simmering pot. <b>4:</b> Serve over open-faced buns.

# Creamy Stroganoff

<i>ingredients</i>	DIRECTIONS
3/4 cup cashew nuts 1 cup tofu 1 cup water 4 tsp soy sauce 3 bouillon cubes (beef-flavored) 2 Tbsp onion powder 3 Tbsp nutritional yeast flakes 2 cups water 1 onion, sliced into thin strips 2 cups fresh mushrooms, sliced 2 cups gluten, cut into pieces	<b>1:</b> Place cashews and tofu in blender with 1 cup water; blend until smooth. <b>2:</b> While blending, add seasonings. Once the blend is smooth, add the remaining 2 cups of water. <b>3:</b> Meanwhile, sauté onions and mushrooms in a small amount of water until tender. Stir in the blended tofu mixture and the gluten pieces. Heat to serving temperature; do not boil, or the texture may become slightly curdled. <b>4:</b> Serve over pasta.