

## Fried Gluten Steaks or Seitan *Yield: 45*

### Ingredients for steaks

- 1 ½ c. water
- ¼ c. pecans
- ¼ c. nutritional yeast
- ¼ c. flour, I used white spelt
- ½ c. oats
- ½ c. onion, chopped
- ½ c. celery, chopped
- 2 garlic cloves
- 2 t. natural soy sauce (class #1) (opt.)
- 1 t. basil
- 1 t. oregano
- 1 t. salt
- 1 t. vegetarian chicken seasoning
- ½ t. paprika
- 1 1/2 c. vital wheat gluten flour (Winco, bulk bin #1417)

### Ingredients for Broth

- 8 c. water
- ¼ c. natural soy sauce
- ¼ c. nutritional yeast
- 1 8 oz. can tomato sauce
- 1 T. onion powder
- 1 t. garlic powder
- 1 t. basil
- 1 t. celery seed

### Directions

1. Put all ingredients for steaks except gluten flour in blender and blend until very smooth.
2. Pour into bowl and add gluten flour ½ cup at a time. Mix very well until one big ball.
3. Prepare the broth. Bring to a boil and reduce heat to simmering gently.
4. Cut off pieces of dough and flatten with moist hands. Drop gently into simmering broth. Continue simmering for 30-40 minutes, covered, until patties have floated to top.
5. Gently remove steaks from broth and fry in a small amount of vegetable oil or in some of the broth.
6. Serve with your favorite gravy, marinara sauce or sautéed onions and peppers.