

SEITAN DONER KEBAB 'MEAT' [VEGAN]

Serves: 3-4

Prep: ≤30mins

Cooking: 4 hrs (SC/low heat setting)

Cooling: 20 mins (minimum)

Type: Main meal

Tools: Chopping board, sharp knife, veggie peeler, non-stick pot w/lid, colander, food processor, measuring jug, large mixing bowl, kitchen foil, slow cooker

Recipe: Adapted from Flash Gordonette.com



Seitan is an effortless, nutritious and delicious meat alternative that has a great texture, giving rise to endless possibilities (faux sausages, meatballs, steak, duck, doner, chorizo, mince... just to name a few!) For those that are unaware, it's made from wheat gluten, spices and seasonings, (and in this case a sweet potato!). As we were new to this seitan process ourselves, we adapted a tried and true recipe allowing us to cook it in a slow cooker with great success. We think that the seitan doner kebab resemblance to actual meat is a little uncanny! This mock meat works perfectly in a vegan doner kebab, in sandwiches, salads, as part of a meze platter or used as a healthy plant-based pizza topping. We packed our vegan doner kebab with plenty of veggies (yummy suggestions below) and topped it all off with a delicious tahini sauce and dollop of plain soya yoghurt! Dig in everyone!

Ingredients

280g	Sweet potato	1 tsp	Ground cumin
85g	Brown onion	1 tsp	Garlic powder
3½ Cups	Water	¼ tsp	Mild paprika
6g	Fresh coriander (2 tsp)	¼ tsp	Cayenne pepper
1	Garlic clove (1 tsp)	1 tsp	Dried oregano
1 tbsp	Veggie stock powder (low-salt/DF)	½ tsp	Cumin seeds
1 tsp	Salt	⅛ tsp	Ground mace
1 tsp	White pepper	1 tbsp	Rapeseed oil
½ tsp	Dried chilli flakes	1½ C.	Vital wheat gluten (220g)
1½ tsp	Ground coriander	1	Brown onion (small)

Pitta/wrap filling suggestions: shredded iceberg lettuce, diced salad tomato, carrot ribbons, shredded cucumber, diced (raw) brown onion, shredded red cabbage, pickled chillies, diced fresh coriander, all topped off with your favourite sauce...try: a tahini, chilli or garlic sauce or a dollop of plain soya yoghurt instead.

Directions

1. Wash, peel and then chop the sweet potato into small chunks. Peel and chop the onion into quarters (or smaller if applicable). Pour 1½ cups cold water into a non-stick pot. Add the sweet potato and onion. Stir together. Cover with a lid. Bring to a gentle boil. Simmer and cook for 4-5 mins or until tender. Remove from the heat. Drain in a colander. Allow to cool.
2. Meanwhile, wash and dry the coriander; remove the leaves from the stems and roughly chop them. Peel, chop and finely mince the garlic. **Tip:** If you have a garlic press, just use this instead!

3. Place the cooled potato and onion into a food processor (or mixing bowl if applicable). Add the fresh coriander, garlic clove, 1 tbsp veggie stock powder, 1 tsp salt, 1 tsp white pepper, ½ tsp dried chilli flakes, 1½ tsp ground coriander, 1 tsp ground cumin, 1 tsp garlic powder, ¼ tsp mild paprika, ¼ tsp cayenne pepper, 1 tsp dried oregano, ½ tsp cumin seeds, ¼ tsp ground mace and 1 tbsp rapeseed oil. Process the ingredients until a thick puree is achieved.
4. Add 1½ cups wheat gluten into the food processor. Process until the mixture is combined and starts to form a 'dough' texture. Transfer the dough into a large mixing bowl. Gather the mixture, forming a ball and knead it for about a minimum of 5-10 mins or as long as you can (we kneaded ours for 8 mins); the mixture will be tacky, but will become more smooth and elastic.
Tip: Kneading will help improve the texture of the seitan. Use your hands and shape the mixture into a fat log (it won't be perfectly symmetrical but this is OK!). Transfer the dough onto a long piece of kitchen foil.
5. Roll the foil over the dough, completely covering it and then loosely twist each end close. Boil 2 cups of water in a kettle. Peel and horizontally slice a small brown onion. Place the slices of onion onto the base of the slow cooker. Pour in 2 cups of freshly boiled water. Place the wrapped dough on top of the onions. Cover with a lid. Cook on a low heat setting for 4 hrs.
6. Remove and allow it to cool for at least 20 mins before serving. *Tip: The seitan cools down considerably within 10 mins of removing, but to achieve thin slices of doner 'meat', the mixture needs to cool and set further first.*

Tip: Wrap any leftover seitan in kitchen film and refrigerate; reheat leftovers in a frying pan with a little oil and consume within 2-3 days.

Enjoy!

Notes:

- For those that are keen, you can have a go at making your own wheat gluten! It sounds quite laborious to us; just do a quick internet search to see if it's something that you'd enjoy!
- If you do not have a food processor, finely chop the onion before cooking. Mash the cooked potato and onion in a large mixing bowl instead; mix in the remaining ingredients with a silicone spatula and then knead the dough.
- The ingredients list looks long but it's mostly spices and/or seasonings! Adjust the spices and seasonings to your own perfect mix. Unfortunately there is no way of checking how it really tastes until after it has cooked (the raw mixture tastes terrible btw!), so don't go too over board with the spices or salt!
- Handle your wheat gluten flour with care; it's so powdery that it can easily end up all over your work counter instead of in your recipe!
- This seitan recipe combined wheat gluten with sweet potato, but we have seen others that have used tin beans or other vegetables instead!
- The raw mixture looks a bit weird and maybe slightly off putting but don't let that scare you. It completely transforms once it's cooked. For those new to a plant based lifestyle, looking to swap their standard recipes this Meatless Monday, perhaps do not get on with tofu and/or paying for overpriced vegan meats, give this a go! You won't be disappointed. :)
- Letting the seitan cool is vital if you want thin slices of doner 'meat'. We left ours for 12 mins and then started to shave/cut it with a bread knife; unfortunately this was not long enough and

some slices were thicker than others. The thinner slices allowed you to really taste the lovely flavours and it wasn't chewy (as some of the thicker slices were).

- This 'meat' will dry out, so once cooled wrap immediately and refrigerate.

Quick Foodie Facts:

Wheat gluten consists of almost pure protein and very little starch; 100 grams contains 75-80% protein! It's the natural protein left over when you wash the starch out of wheat flour; it's then dried and ground back into flour. It's the perfect resource to improve the texture, rise and elasticity of your bread or make the veggie and vegan meat alternative seitan; it's so versatile, healthy and effortless!