Deli Slices-Poultry flavored

INGREDIENTS
- 1 cup beans
- 2 cups water
- 2 TBSP olive oil
- 2 TBSP sesame oil
- 2 tsp soy sauce
- 1 TBSP Better Than Bouillon Vegetarian No Chicken Soup Base
- 1 TBSP White Miso Paste
- 1/4 cup nutritional yeast
- 1 tsp paprika
- 1 TBSP onion powder
- 1 TBSP garlic powder
- 1/2 tsp pepper
- 1 tsp rosemary (optional)
- 1 tsp dried thyme (optional)
- 1 TBSP McKay's chicken seasoning
- 1/4 tsp hickory liquid smoke
- 1/2 cup quick oats
- 1-2 cups vital wheat gluten

METHOD
1. *Make a Steamer with a 9 X 13 pan and add water.*
2. Place all ingredients except the gluten flour in a blender and process until very smooth. Pour into a bowl. Add quick oats and let stand for 5-10 minutes. Add gluten flour and work into a dough. Knead for a few mins to let gluten develop.
3. Shape dough into a log and wrap in heavy duty foil like a tootsie roll. Try to make the roll as thick as possible. Steam for 2 hours.
4. Seitan should swell and press against the foil.
5. Remove from oven and unwrap to cool.
6. Slice as needed for sandwiches. This seitan holds up very well and can be shaved very thin. Store in the fridge or freezer. This recipe makes a lot, so you can cut it into 3 or four chunks and store them away for later.

Mock Beef Steaks

1 cup Vital Wheat Gluten Flour
1/2 Cup Nutritional yeast flakes

Broth
1 TBSP McKay's Beef seasoning
1 TBSP Better Than Bouillon Vegetarian No Beef Soup Base
1/2 Cup Soy Sauce
12 cups water

1. Mix up gluten flour and yeast flakes. Set aside.
2. Mix up broth. Use a cup of the broth and mix it in with your flour mixture. Pour the rest of the broth in a large sauce pan.
3. Knead the four mixture just enough to have no dry pockets of flour and set aside for about 15-20 minutes.
4. Turn on sauce pan on medium high. (On my stovetop it is a 6)
5. After steaks have rested, cut into desired size and drop into simmering broth for one hour. They should float after a while.
6. Remove cooked beef gluten steaks and repeat process until all uncooked dough has been cooked.
7. You may now get creative with your beef steaks!

Barbecue Gluten Steaks

1 cup Vital Wheat Gluten Flour
1/2 Cup Nutritional yeast flakes

Broth
4 cups of your favorite Bbq Sauce
12 cups water

1. Mix up gluten flour and yeast flakes. Set aside.
2. Mix up broth. Use a cup of the broth and mix it in with your flour mixture. Pour the rest of the broth in a large sauce pan.
3. Knead the four mixture just enough to have no dry pockets of flour and set aside for about 15-20 minutes.
4. Turn on sauce pan on medium high. (On my stovetop it is a 6)
5. After steaks have rested, cut into desired size and drop into simmering broth for one hour. They should float after a while.
6. Remove cooked Bbq gluten steaks and repeat process until all uncooked dough has been cooked.
7. You may now get creative with your Bbq steaks!

Pot Roast

2 TBSP oil
1 Onion
1 pkg 12 ounce Baby Bella mushroom caps, diced
3 TBSP Beef-Style Seasoning
2 tsp Garlic, minced
1 tsp salt
1 can red beans, rinsed and drained
1/4 cup low sodium soy sauce or Braggs Liquid Aminos
1/3 cup nutritional yeast flakes
3 TBSP chia seed or ground flax
2 cups vital wheat Gluten Flour
1/2 cup whole-wheat flour

Broth
2 cups water
2 TBSP Beef-like seasoning
2 TBSP dried onion
2 TBSP nutritional yeast flakes
1 1/2 TBSP parsley, dried
1 tsp celery seed, ground
1/2 tsp cane juice crystals

1. Heat oil in a medium skillet, add onion and mushrooms. Cook until onions become translucent and mushrooms begin giving off liquid and turn dark.
2. Add beef-style seasoning, garlic, and salt and cook for 1 more minute.
3. Place cooked onion and mushroom mixture into a food processor and pulse briefly to chop.

4. Add red beans, nutritional yeast, Bragg's or soy sauce, and chia seeds. Pulse again several times to chop and combine all ingredients.
5. Add gluten flour and process until a dough ball forms.
6. Shape dough into a roast that will fit into your slow cooker. Roll roast in flour to coat.
7. Heat 1 TBSP oil in medium skillet. Place roast in hot skillet and cook until browned. Turn roast and brown on all sides.
8. Mix together Broth ingredients and bring to a boil.
9. Place Roast in the slow cooker and with boiling broth and cook on high for 4-6 hours.
10. Slice and serve!

Note:

After step 7, you may freeze the roast until you are ready to eat. Thaw overnight and proceed with step 8.

Original recipe found in "Give them Something Better" cookbook by Sarah Train & Stephanie Howard

Vegan Chicken
https://brokebankvegan.com/vegan-chicken/#recipe

1 15-ounce can chickpeas (with liquid)
3 tablespoons nutritional yeast flakes
1 teaspoon “no chicken” broth powder
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon sea salt
1 tablespoon apple cider vinegar
2 tablespoons flavorless coconut oil (melted)
1 ½ cups vital wheat gluten (plus more as needed)

Instructions

Dough

- In a food processor, add the chickpeas (and their liquid), nutritional yeast, “no chicken” broth powder, onion powder, garlic powder, salt, apple cider vinegar, and coconut oil. Blend until smooth.
- Gradually add the vital wheat gluten, continuing to blend in between. If the mixture feels wet, add 1-2 tablespoons of gluten flour at a time and mix again.
- If your food processor is overheating or unable to mix the dough, transfer it onto a clean surface and knead by hand until smooth and elastic, about 9-10 minutes. Transfer to a bowl, cover the dough, and let it rest for about 20-25 minutes.

Shape

- Cut the dough into ~110-120 gram portions, and roll them out with a rolling pin until they reach your desired thickness (they

won’t expand much once steamed).

- If you’d like shredded chicken, roll the piece of dough into a sausage/loaf shape. Tightly wrap all pieces in foil, making sure to twist or fold the ends.

Steam

- Add all pieces to a pressure cooker-friendly steamer basket, and steam them in a pressure cooker on high for 1 hour and 20 minutes.
- You can also steam the chicken in a stovetop steamer. You will know the chicken is done when it feels firm.
- Let the chicken cool in the foil for 10-15 minutes before unwrapping.

Cook the chicken

- Once removed from the foil, pan-fry the “breasts” in a little vegan butter or oil, grill them, or slice them to use for salads or stir-fries.
- For shredded chicken, rip the cooked loaf in half lengthwise with your hands (this will give a meaty strand appearance). Shred each half from top to bottom to form smaller pieces of shredded chicken, and use any way you’d like. Happy eating!