

Holiday Seitan Roast, by Char Nolan

Swick

Makes 1 roasts | Active Time: 20 minutes | Total Time: 1 hour 10 minutes

Step 1: Prepare the Seitan

- 1 cup Vital Wheat Gluten
- ⅓ cup of Nutritional Yeast
- 2 tsp garlic granules
- 1 tsp onion powder
- 2 tsp of poultry seasoning (or to taste)
- ½ tsp ground turmeric (for color)
- 3 Tbsp low-sodium Tamari
- 2 tsp tahini
- 1 cup mushroom or vegetable broth

Before you get started making the roast, make this mushroom gravy recipe (NOTE: this recipe can be made with or without oil):

Mushroom Gravy

To make the roast:

Preheat oven to 375°F (190°C).

1. In a bowl, whisk together the dry ingredients (vital wheat gluten, nutritional yeast, garlic granules, onion powder, poultry seasoning and turmeric).
2. In another bowl, whisk together the wet ingredients (tamari sauce, tahini, and broth).
3. Make a well in the dry ingredients, pour in the wet mixture slowly, and stir until a dough begins to form.
4. Turn the dough onto a parchment-lined sheet pan, shape it into a loaf.
5. Place in a 375° F oven (190°C) for 20 minutes.
6. Remove from oven, and flip the loaf to its other side, covering the top with one cup mushroom gravy. Roast for an additional 20-25 minutes.
7. Allow to cool for ~10-15 minutes before cutting into 1/2 inch slices.

Serve with your favorite sides and add more mushroom gravy to your plate!

NOTE FOR THE MUSHROOM GRAVY: you can replace the vermouth with an alcohol-free white wine, vegetable stock, or water.