



CHICKEN-STYLE SEITAN

Make at home seitan kit

SIMPLE
SEITAN
KITS
plant-based
protein

WHAT YOU'LL NEED

- 1 stock cube

EQUIPMENT

- Cup measurement
- Bowl
- Tinfoil
- Pot for simmering

PREP TIME

- 5 mins

COOK TIME

- 1 hour

1 Make stock

Make 1 cup (250ml) of stock using the stock cube

2 Mix ingredients

Add the seitan mix to a bowl and mix with the stock until it forms a ball

3 Knead (2 mins) then rest (10 mins)

Knead the dough for 2 minutes on a clean, dry surface, then form it into a log shape. Place it back in the bowl with a damp tea towel covering the top of the bowl, then allow to rest for 10 minutes

4 Wrap

Lay out a piece of tinfoil around 5x the size of the seitan and place the seitan at one end. Roll it up in the tinfoil so that it is fully wrapped, and seal the two shorter ends. You want it to be loose enough to allow it to expand around a quarter of its size, whilst ensuring it is watertight

5 Gently simmer (1 hour)

Fill a pot with enough hot water to cover the seitan. Gently simmer the wrapped seitan with the lid off for 1 hour, turning occasionally. The water should have minimal movement and only a few, tiny bubbles rising intermittently- don't allow the seitan to boil, as this can result in a spongy, bread-like texture. When cooked, allow the seitan to cool slightly before unwrapping, and leave it to rest overnight for the best texture and taste results!



This recipe creates chicken-style seitan that can be served as it is (ideal for deli-style seitan), or it can be prepared further to best suit different dishes:

- **Frying:** Cut or tear into chunks and fry in quality oil for 3-4 minutes (ideal for sauce based dishes)
- **Breading:** Coat in a mixture of plant-based milk (2/3 cup) and flour (1/2 cup), and then coat in breadcrumbs (1 cup), paprika (1 tsp), salt and pepper. Shallow fry in quality oil, deep fry or cook in the oven until golden and crispy

WRAPPING

If you don't like foil to touch your food, add a piece of baking paper in-between, or use food safe clingfilm instead

TIPS

You can add additional seasoning, marinade or use sauces to suit different dishes such as curries, stir fries, casseroles, risotto, soup, or pies

STORAGE

Store in an airtight container and keep in the fridge for up to 4 days. Freeze whole or cut into portions, and defrost fully before consuming