Chicago Diner Seitan Turkey

Prep Time15 mins Cook Time 48 mins Total Time 63 mins

Servings: 16 people Calories: 94kcal

Ingredients – This is a Double Batch

For Vegan Chicken

- 2 cup vital wheat gluten
- 1/3 cup Almond flour
- 1/2 cup chickpea flour
- 1/2 cup nutritional yeast flakes
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon rosemary
- 1/2 teaspoon paprika
- 1 Tablespoon onion powder
- 2 teaspoon granulated garlic
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cup warm water plus 1 Tablespoon, if needed, and more for steaming
- 1/2 Tablespoon Better Than Bouillon, no chicken base
- 1 Tablespoon tamari
- 2 Tablespoon extra virgin olive oil

Instructions

1. In a large mixing bowl, combine vital wheat gluten, chickpea flour, nutritional yeast flakes, dried oregano, dried basil, paprika, onion powder, granulated garlic, salt, and a dash of pepper.
2. In a small bowl, combine 1 ½ cup of water with ½ Tablespoon of Better Than Bouillon no chicken base. Stir with a fork until it dissolves. (If you'd rather, you can replace the water & bouillon with vegetable broth instead.)
3. Create a well in the center of the dry mixture. Add water & bouillon mixture, tamari, and extra virgin olive oil. Combine by stirring. Then once it becomes a dough, start using your hands to knead the dough and combine everything, making sure to get any dry flour from the sides of the bowl. (You don't need to knead the dough a lot. Just enough so that it's uniform with no flour-y spots.) Form the dough into a loaf.

The dough should feel moist to the touch. If it seems flour-y or dry at all, add an additional Tablespoon of water. Incorporate it with the dough.

4. Run a tea towel or cheesecloth under water. Wring it out with your hands until it's just damp. Then loosely wrap the dampened towel or cheesecloth around the loaf like a gift.

5. Put a couple of inches of water into a steamer pot with basket. Bring to a boil. Put the wrapped loaf into the basket. Cover with a lid. Steam for 46 minutes.

Be sure to watch that the pot doesn't cook off all of the water. You want enough water that it will keep steaming for the full amount of time, but not so much that the water touches & boils the seitan.

Once the water is at a boil, you can lower the heat to medium, and it will keep steaming the whole time. (If you don't see steam pouring out the top, turn it up. If the water looks too low, add more.)

6. When the seitan is done, it will be firm and bouncy to the touch. Carefully remove it from the steamer basket, unwrap it from the towel/cheesecloth, and set it aside on a plate to cool slightly. You can use the seitan chicken right away, or put it in a covered container in the refrigerator. It will continue to firm as it cools.

Notes

When slicing seitan, I recommend using a serrated or bread knife for easier cutting.
Keep leftovers in a covered container in the refrigerator. It will last for about a week.
To freeze, put the seitan into a freezer proof container or freezer bag. It will last for 3 to 6 months. When you're ready to use it, move it to the refrigerator to thaw.

Nutrition

Calories: 94kcal | Carbohydrates: 6g | Protein: 13g | Fat: 2g | Saturated Fat: 1g | Sodium: 145mg | Potassium: 88mg | Fiber: 1g | Sugar: 1g | Vitamin A: 34IU | Vitamin C: 1mg | Calcium: 28mg | Iron: 1mg