

VEGAN ROAST TURKEY- STYLE JOINT

PERFECT FOR ROAST
DINNERS AND
SANDWICH SLICES!

INGREDIENTS

WET MIX

- » 100ml Warm Water
- » 2 tbsp Olive Oil
- » 2 tbsp Soy Sauce or Tamari
- » ½ tsp Vegan Worcestershire Sauce

DRY MIX

- » 3 tbsp Nutritional Yeast
- » 1 tsp Onion Powder
- » 1 tsp Dried Sage
- » ¼ tsp Smoked Salt
- » ½ tsp Dried Thyme
- » 100g Tinned Cannellini Beans (drained and rinsed)
- » 200g Vital Wheat Gluten Flour

BASTE MIX

- » 300ml Vegetable Stock
- » 1 tbsp Maple or Agave Syrup
- » 2 tsp Ground Peppercorns
- » A generous splash of lemon juice



METHOD

Begin by mixing all the wet mix ingredients in a food processor or blender. Add all of the dry ingredients - apart from the beans and vital wheat gluten - one by one to the wet mix and blend. Now add the cannellini beans to the wet mix and blend until these are completely smooth.

Transfer this mix to a mixing bowl and begin to mix in the vital wheat gluten slowly. Mix well until the dough comes together. Sprinkle some wheat gluten onto a surface and knead a few times until you have large, oval-shaped dough. The dough will still be slightly wet but this is normal.

Lay out on some tin foil and wrap tightly, sealing tightly on the ends. Now steam for 1 hour. Make sure to check the water levels as sometimes this can dry out.

45 minutes into steaming, preheat your oven at 180C. Once it has finished steaming, place the foil wrapped seitan into the oven and cook for 25 minutes, basting regularly and thoroughly – 3 or 4 times - with a brush.

Remove from the oven and slice the seitan to serve. If using for sandwiches, the roast can be sliced and eaten cold.