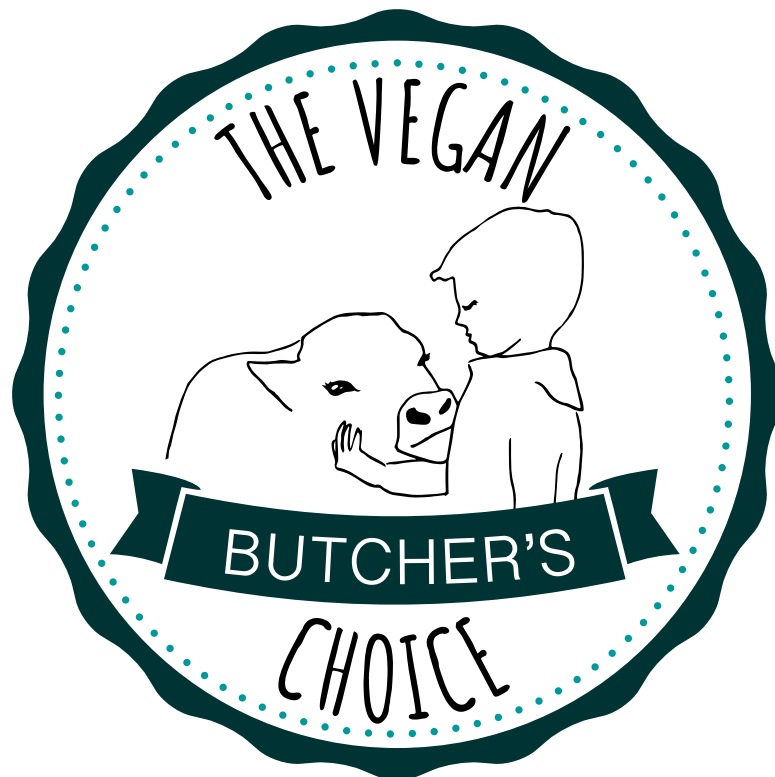


THE VEGAN BUTCHER'S CHOICE PRESENTS:



SETTAN WONDERLAND

*The hidden secrets behind the perfect seitan, now revealed to you by the team
behind the Vegan Butcher.*



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Introduction

Hi There,

Thank you for downloading this ebook!

Before diving into the wonders of this vegan meat replacer, we would like to take a moment to tell you more about what we do, as well as the whys behind it.

It goes by itself: We are 'The Vegan Butchers' and, as such, our job consists in 'butchering' beans and other plant-based stuff to make vegan 'meat'!

Our 2 founders, Benoit and Federica, have always been big vegan advocates and meat lovers. Oh yes, you read that right! The facts of liking meat and not wanting to hurt the animals for it can co-exist; in fact, it is more common than one might think.

One day, the two of them had an idea: "What if it was actually possible to give people the same experience of eating meat... without it to be animal-based?". Of course in 2018 vegan butchers were already a thing and, therefore, nobody thinks to have invented the wheel! However, it appeared clear that there was a huge gap to fill when comparing the Belgian market to the neighboring countries' ones.

Many months went by before this embryonal project took the shape it has today. Eventually, The Vegan Butcher's Choice (VBC) opened its "virtual" doors in April 2019.

A year later, partially in response to the global covid-19 pandemic, the VBC launched its webshop and here we are, making the best to improve, grow together, learn and spread knowledge and love for this planet. We could not be more thrilled!

You might wonder: "It is all really nice, but why did you feel the need to write this little e-book?".

Well, as weird as this might sound, seitan making is a true passion for us. The whole process starting with an idea, moving to the first recipe draft, grocery shopping, testing, failing, testing, maybe - eventually - succeeding, taking pictures and above all ENJOYING a delicious artisan-crafted 'meat' is one of the most rewarding experiences ever!

Sure, the pre-made industrial vegan 'meat' can make the deal too, but standing behind flavour and quality, we do not see what better quality one may get than a product



made with love, by hand and with whole ingredients.

Thanks to this short ebook, we hope to teach you a thing or two about the craft of making seitan but, even more than that, we wish to spark in you the pleasure to create delicious vegan 'meats' for yourself, your guests and – why not – the most stubborn meat lovers.

You never know what the power of a good vegan steak can do ;-)

With love and hope,

Your Vegan Butchers



EVERYTHING STARTS WITH GOOD, PLANT-BASED INGREDIENTS



Chapter 1 – The A-B-C of seitan

1.1 Brief History of Seitan

The term 'seitan' originates from the combination of two Japanese words: sei, meaning "made of" and tan, which means "protein". It was Japanese philosopher and preacher of the macrobiotic diet G. Ohsawa to coin the term, bringing it to the Western world in the early '60s.

However, seitan's origins go back much farther in time. Its ancestor, wheat protein (aka gluten), can be dated back to ancient China already in the 6th century. Buddhist monks discovered this 'wheat meat' after soaking some dough in water and removing all the starch. The remaining gluten dough would then be fried or sautéed in oil and other seasoning before simmering in water or broth.

While wheat gluten itself is rather flavorless, seitan holds very well a marinade and any other liquid one might use to simmer it or cook it. Additionally, gluten naturally contains umami compounds that enhance taste, and a satisfying kind of 'bite', which made it easy from its very beginnings to compare it to meat.

It is no surprise then that seitan, as many of us know it today, has evolved into more complex shapes such as steaks, cutlets, roasts, sausages, etc.

1.2 Is seitan good for me?

Artisanal seitan is a simple and highly nutritious food, loaded with protein, high in iron, and relatively low in fats (compared to the animal-based products) and carbohydrates.

From a molecular perspective, wheat contains four types of proteins, two of which - Gliadin and Glutenin - are water-soluble and form the gluten. Even at the level of amino acids, seitan is considered a good ingredient. Although lysine is more scarce, it is sufficient to include in the diet other foods rich in this amino acid (such as legumes and nuts, not necessarily in the same meal) to have a balanced protein intake at the end of the day.

Other positive features of seitan are that water often represents half of its weight and carbohydrates are very limited – making it suitable for those following a low-carb diet (averaging at 5.2 g per 100 grams).



Unfortunately, a crazy diet trend boosted by celebrities a few years ago has led many to believe that gluten is bad for our health; this resulted in several people dropping gluten all together without any specific reasons and then facing serious issues once they decided to reintroduce it back in their diet.

Of course, due to the high presence of gluten, seitan is absolutely contraindicated for patients with celiac disease and not recommended for those with intolerance to this substance. This disease is pretty rare and it impacts 1% of the worldwide population so do not make self-diagnoses but have yourself check by a specialist.

For all the reasons listed above, the short answer is yes: seitan is a valuable food to incorporate in the diet not only for vegetarians/vegans but also of those needing to reduce their intake of cholesterol and fats. As for all things, it is important to keep in mind that a varied and balanced diet does not revolve around one unique food and – even among seitan – there are several types of products and seasonings which might highly impact its nutritional properties (examples: heavily processed or fried food made with seitan).

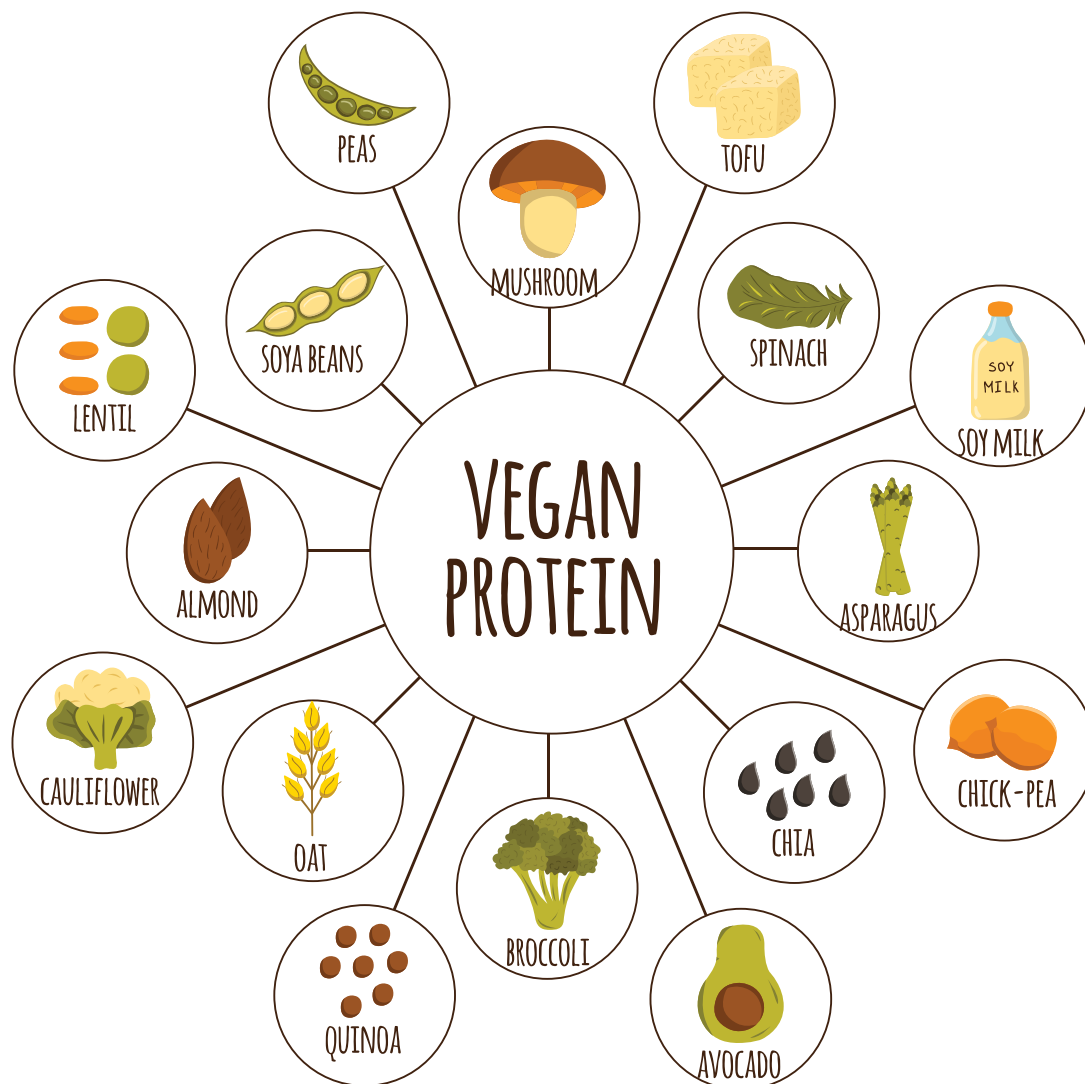


Image: Protein sources are abundant in a plant-based diet. Seitan is a great source of protein.

1.3 Basic ingredients and materials needed

No worries, we are well aware that the majority of you will not attempt to make a job out of making seitan, nor does have access to a fully equipped professional kitchen.

Therefore, we just thought about the simplest, most basic tools one might often have in his/her cupboard at home. We also provide alternatives to make it easy for everybody to give seitan a try.

As for the ingredients, although we read of many people out there attempting to make seitan starting from the plain flour, we do not recommend this for several reasons:

1. You will need a specific kind of flour with a minimum protein content (many flours on the market do not have it)
2. It can become a messy process and you might possibly end up with chunks of 'clue-like substance' everywhere, especially in your sink. Your plumber might not be happy though...
3. This is personal, but we find the flavour of ready-to-use gluten flour (available in most organic stores) much better and it impacts a lot the final product.

This said, should you be an experienced seitan-maker, do not hesitate to give our recipes a try even with your 100% self-made gluten dough ;)

So, what you will need:

- Most important tool ever, your hands! Nicely washed and dried. Make sure they are real dry when you start;
- A blender: If you have a high speed blender great, otherwise an immersion blender and a big bowl will do;
- A food processor. If you do not have this, you might harm yourself with patience and use a fork, knife a mortar or any other kitchen tools to chop stuff in smaller pieces;
- A cutting board;
- A very sharp, big knife;
- Parchment paper;
- Aluminum foil;
- Depending on which seitan types you make, you might need a) an oven b) a steamer (or just use a colander placed over a boiling water pot + lid) c) a big pot with boiling water;
- Rolling pin;
- A scale, the more precise the better but don't overthink it.

Ingredients-wise, we will list the ingredients at the beginning of each recipes; however, the main common ones are:



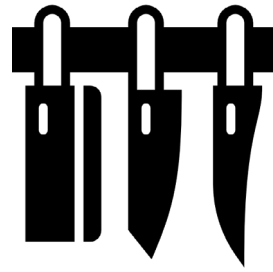
- Gluten flour (available in most organic shops or online for fairer prices such as [notenshop.nl](https://www.notenshop.nl));
- Miso paste (available in the Asian department of the main retailers, or more conveniently in Asias stores);
- Soy sauce (available in the Asian department of the main retailers, or more conveniently in Asias stores);
- Tomato concentrate;
- Silken tofu;
- Beans and chickpeas;
- Sunflower oil;
- Several types of spices and herbs, according to taste;
- Salt.



Image: You can add many types of beans, lentils, chickpeas or other nutritious ingredients to seitan. They will all give different results in terms of flavor and texture.



Chapter 2 – Let's do it!



2.1 Shreddy seitan

This is the easiest seitan recipe ever! Its texture might not please you if you are a fan of extremely soft bites; in which case, we recommend skipping to the second recipe of this ebook. However, if you like a realistic “meaty” texture or want to surprise someone who usually eats meat, this is for you.

The flavour in itself is quite neutral, leaving you a lot of space to experiment with marinades, sauces and recipes. We love to use this seitan in Asian dishes, like a poke bowl, coating it in teriyaki sauce. It is also a winner if stuck on a brochette and cooked on a bbq, always with some oil and spices.

Ingredients, for 2 to 3 servings:

- Cold water, 80 ml
- Canned chickpeas, 50 gr.
- Aquafaba (the liquid you have in the can), 20 gr.
- Silken tofu, 120 gr.
- Salt, 1 teaspoon
- Vegetables stock: 0,5 teaspoon
- Gluten powder: 175 gr.

In a high speed blender or with an immersion blender, mix all the ingredients minus the gluten. Keep mixing until you reach a very smooth consistency, with no big visible pieces of tofu or chickpeas.

Pour this creamy mix in a bowl and add the gluten. Mix well initially with a spatula and then with your hands. Knead for a few minutes, making sure all the gluten flour is incorporated in the mix. The more you knead the more the texture will feel elastic and difficult to handle but no worries, this is the effect we are looking for!

NOTE: These amounts should give you the desired texture. However, several factor such as the external temperature, the temperature of your hands and the quality of your gluten might slightly impact the result. Should you have the feeling the mix is too dry, add a tiny bit of cold water, one tablespoon at the time. At the opposite, if you have the feeling your mix is too wet, add a few grams of extra gluten.

Once you have knead it for 2-3 minutes, take the dough and divide it in 2 big



“sausages”, no need to be perfect. Loosely wrap them in some aluminum foil and steam for 1 hour.

Once done, let the seitan cool off completely, then unwrap it and break each sausage in half with your hands. Always using your hands, pull pieces off the two half of the sausages, until you have only chunks of seitan (like strips) of around 5-6 cm. Your strips are ready to be cooked in a pan with some oil and spices, some teriyaki sauce or any sauce you prefer! Let the side to slightly brown/caramelised to achieve that super realistic ‘chicken’ texture.

This seitan is suitable for freezing in a tight bag or container for a couple of months. In your fridge, it will last for 3 to 4 days as it contains fresh ingredients (tofu, chickpeas).



Image: Vegan Butcher's seitan shreds in teriyaki marinade. So damn tasty if baked & caramelised.

Available in our webshop: <https://shop.veganbutcher.be/>



2.2 Tender textures: Vegan roast or vegan steaks

Ingredients, for 1 roast or approximately 6 steaks:

- Water, 100 ml
- Red (kidney) beans, 100 gr.
- Silken tofu, 90 gr.
- Sunflower oil, 25 gr.
- Miso paste, 20 gr.
- Nutritional yeast (optional), 1 tablespoon
- Beetroot juice or cooked beetroot (optional, gives colour), 2 tablespoon
- Soy sauce, 1,5 tablespoon
- Garlic powder, 5 gr.
- Onion, 1 medium, chopped in small pieces and cooked in a pan with a drizzle of water
- Tomato concentrate, 1 tablespoon
- Mustard, 1 tablespoon
- Black pepper, 0,5 teaspoon
- Bay, a couple of leaves
- Thyme: 0,5 teaspoon
- Chicken spice mix, 1 teaspoon
- Paprika powder, 0,5 teaspoon
- Cane sugar, 0,5 teaspoon
- Salt, 2 teaspoons
- Gluten: 165 gr.
- Tapioca or corn starch: 15 gr.
- Wheat flour (classic multi-use white flour): 35 gr.

In a high speed blender or with an immersion blender, mix all the ingredients minus the bay leaves, gluten, flour and tapioca/corn starch. Keep mixing until you reach a very smooth consistency, with no big visible pieces of tofu or beans.

Pour this creamy mix in a bowl and add the flour and the tapioca/corn starch. Mix well with a spatula. Then add the gluten. Once again, mix initially with a spatula and then with your hands. Knead for a few minutes, making sure all the gluten is incorporated in the mix. The more you knead the more the texture will harden, but it should still remain quite easy to shape.

NOTE: These amounts should give you the desired texture. However, several factor such as the external temperature, the temperature of your hands and the quality of your gluten might slightly impact the result. Should you have the feeling the mix is too dry, add a tiny bit of cold water, one tablespoon at the time. At the opposite, if you have the feeling your mix is way too wet, add a few grams of extra gluten.

Once you have obtained a uniform dough of the right texture, it is time to decide



whether you wish to make a roast or some vegan steaks.

Should you opt for roast, shape the dough in a roast/cilindric shape, wrap it tightly in parchment paper and then in a layer of aluminum foil and steam for 1 hour, followed by 30 minutes baking in the oven at 180°.

**Variation: You can also decide to stuff your roast! Prepare your favourite roast stuffing (the internet is full of inspiration, we personally love to bake a mix of sourdough bread, dried cranberries, carrots, onions and chestnuts) roll the dough out on the parchment paper with the help of the rolling pin, place your stuffing forming a kind of long line in the middle and close the sides and extremities of the roast. Then wrap tightly in parchment paper and aluminum foil. Steam for 1 hour followed by 30 minutes baking in the oven at 180°.*

Once the roast is completely cooled down, unwrap and glaze in a pan with some melted vegan butter, peppercorn, rosemary or whatever other herbs and seeds you like.

Wanna give the steaks a try?

Roll out your dough on the table to a thickness of 1 to 1,5 cm. Cut some rectangles of around 10x5 cm, but do not worry about being precise, we have never seen two steak looking exactly alike ;-). In the meantime, boil a big pot of water, adding the bay leaves and a pinch of vegetable stock. Once the water is boiling, reduce the flame to a slight simmer and add your steaks. Check regularly that the water keep simmering but not boiling. Let cook for 1 hour, turn off the fire and let the steak cool down in the water. Prepare the steaks by cooking them in a pan or grill pan with some oil or butter, a few minutes per side. We love serving them with a peppercorn sauce or Bearnaise sauce.



Image: A Vegan Butcher's roast is a good way to impress your dinner guests.

2.3 Cold cuts (vegan charcuterie)

This is a basic recipe for making cold-cuts such as salami, chorizo or ham. We kept the spices pretty simple and it is up to you to vary them (replacing herbs for other herbs or peppercorns, reducing the miso paste, adding some beet for more colour, fresh garlic or chili for a stronger taste etc.). We suggest to experiment as much as you can to find your perfect balance; the sky is the limit!

Ingredients, for 2 salamis of 300 gr or 1 big ham:

- Water, 210 ml
- Vegetable stock, 1 teaspoon
- Sunflower or olive oil, 40 gr.
- Salt, 10 gr.
- Nutritional Yeast, 2 tablespoons
- Miso paste, 35 gr.
- Agave or maple syrup (optional), 1 tablespoon
- Apple cider vinegar, 1 tablespoon
- Tomato paste, 1 tablespoon
- Garlic powder, 20 gr.
- Onion powder, 10 gr.
- Black pepper powder, a pinch
- Gluten, 255 gr.

In a bowl, mix all the ingredients minus the gluten with the help of a whisk (or just a fork). Make sure the miso and tomato paste have completely dissolved in the liquid. Add the gluten and mix at first with a spatula then with your clean, dry hands. You should have a moist texture which is easy to shape. If this is not the case and the dough is way too sticky, add a bit more gluten; at the contrary, add a few tablespoons of water. Knead for a good 5 minutes.

Wanna make salami? Make 2 sausages out of your dough and tightly wrap in parchment paper followed by aluminum foil, rolling the extremities like a candy. If you opt for ham, wrap the whole thing in a rectangular-like shape, first in parchment paper then aluminum.

For salami: Bake in the oven at 170° for 45 minutes.

For ham: Steam for 1 hour and then bake at 180° for 45 minutes.

In both cases, before slicing, you will need to wait for the seitan to be completely cooled off. For an optimal texture, we recommend to make your salami/ham the day before and let cool off completely in the fridge overnight.





Image: Vegan Butcher's Chorizo sausage is a great asset on any apero board.

Available in our webshop: <https://shop.veganbutcher.be/>

2.4 Use your 'not-so-nice' pieces: Bolognese sauce

Ok, at this point you might have tried loads of recipes and you have seitan all over your kitchen! Some pieces are less attractive, they did not turn out as you wanted or you just do not know what to do with them anymore. No problem, with seitan there is not such a thing as waste!

With a food processor (or a big knife + cutting board, if you do not have one), chop all your leftover seitan into very small bites, so as to obtain a sort of minced 'meat'.

In a large pot, fry some chopped onions and garlic in olive oil until translucent. Add some chopped carrots and celery and stir for a few minutes. Time to add the minced 'meat! Season with your favourite spices (we use thyme, oregano, basil and a pinch of rosemary) and stir for a few minutes, until golden.



Add some passata and lower the fire to the minimum. Keep stirring for a good half an hour, adding some black pepper, salt, a pinch of sugar (this is optional, but it helps to contrast the acidity of the tomato) and some fresh basil leaves. You can divide the bolognese in some containers and freeze for a lazy meal when you do not have time to cook. Else, you can make a nice soy milk-based béchamel and use it in a lasagna.

Still some mince left? Try to mix in some starch and shape 'meat'balls with it. ***Get creative and share with us your nicest recipes*** on [Instagram](#) or [Facebook](#) (@veganbutcherbelgium) or by email hello@veganbutcher.be
We'll love hearing from you!



Image: Vegan Butcher's Bolognese sause. Everyone will love it.

[Available in our webshop: https://shop.veganbutcher.be/](https://shop.veganbutcher.be/)

THE END



WHO/WHAT IS THE VEGAN BUTCHER'S CHOICE?

The Vegan Butcher's Choice is a vegan catering company, specialising in vegan meats & cheeses. Our food is artisan, local and completely plant-based. We are located in Brussels, Belgium. We cater for companies & private individuals.

The Vegan Butcher's Choice is a small team of highly motivated individuals who aim to make top notch products. All foods sold on our webshop are made by hand. This ensures full control over details, so taste and quality is prioritised.

> > Buy our vegan products online: <https://shop.veganbutcher.be/>

For all questions regarding this ebook or questions related to our products, please write us on hello@veganbutcher.be

Big thanks goes out to all our loyal supporters, our family, friends, fellow vegan entrepreneurs, and ofcourse our dear customers who have stood by us since day one. We couldn't have done it without you, so thank you from the bottom of our hearts!



THANK YOU

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