BBQ SEITAN

MANILDRA GROUP USA

Wheat - the original plant-based meat!

INGREDIENTS

- 39% **GemPro HPG**
- 37% Vegetable Stock
- 7.3% Chickpea Flour
- 6% **GemPro Prime-E**
- 4% Nutritional Yeast
- 3% Soy Sauce
- 1.6% Garlic Powder
- 1.6% Onion Powder
- 0.4% Smoked Paprika
- 0.4% Cumin

PREP TIME

- Total Prep | 12 - 18 hr
- Seitan Prep | 1 hr
- Cook Time | 60 m
- Duration | 3 days

PROCEDURE

01 Blend **GemPro HPG**, Chickpea Flour, and **GemPro Prime-E** together; separately, blend liquid ingredients and spices for 1 min on high speed. Add liquids to dry in Kitchen Aid mixer; mix on Speed 2 for 3 min. Rest, covered for 30 minutes.

02 Place dough in Hobart mixer; mix on Speed 2 until semi-viscoelastic (approx. 5-7 min). Divide dough in half, and shape into 1.5 - 2.0" logs. Tightly wrap with parchment paper, then wrap in foil. Add to a 1" deep simmering pot of water and cook for 1 hr, flipping at 30 min. Remove from pot and rest 1 hr at room temp.

03 Transfer to refrigerator to cool overnight; unwrap and slice into 0.25" thick pieces. Coat in BBQ sauce and cook 1 min per side.