

Translations:Aliments fermentés - alternatives aux protéines animales/31/en

Seitan steaks (wheat or gluten-free)

Seitan is a Japanese speciality that has been eaten for centuries as a substitute for meat (in particular as a substitute for pork or chicken for Buddhist monks). It is nicknamed 'wheat meat' because it is so rich in protein. All you need is wheat flour, water, stock (traditionally kombu seaweed) and soy sauce to make it yourself in a low-tech way. You can find the recipe on this tutorial. What gives seitan its elastic/spongy texture comes mainly from the wheat gluten, but it is possible to use other flours to avoid gluten.