



Seitan Delmonico

Yield: 5 servings

1 ³ / ₄ cups	room temperature water
5 ¹ / ₂ Tablespoons	tamari or soy sauce
³ / ₄ teaspoons	granulated garlic
¹ / ₂ teaspoons	ginger powder
3 cups	Eco-Cuisine "Beef-Style" Seitan Quick Mix
3 tablespoons	olive oil
1 cup	onions, finely chopped
¹ / ₂ cup	mushrooms, sliced
¹ / ₄ teaspoon	salt
¹ / ₄ teaspoon	nutmeg
6 tablespoons	white flour
2 tablespoons	nutritional yeast
¹ / ₂ cup	pimiento-stuffed green olives, chopped
¹ / ₄ cup	cashew nuts
2 cups	unsweetened soymilk
2 ¹ / ₂ cups	broccoli florets
6 cups	cooked pasta (spaghetti, linguine, soba, or other pasta)

Mix water, tamari or soy sauce, granulated garlic, and ginger powder together in stand mixer with paddle or dough hook attachment. Add "Beef-Style" Seitan Quick Mix to the seasoned water solution. Mix for about 4 minutes, or until a dough is formed. Press Seitan mixture into oiled pan, cover, and steam over boiling water for about 30 minutes, until the center reaches 180°F. Once cooked, immediately remove from heat and place pan in basin of ice water. Dice 1¹/₂ cups of the cooked seitan and set remainder aside for future use (remaining Seitan can be used in salads, soups, or other recipes from the cookbook). Heat olive oil in a medium saucepan. Sauté onions and mushrooms with salt and nutmeg until the onions are translucent, about 5 to 7 minutes. Stir in flour and nutritional yeast and cook 3 to 5 minutes. Stir chopped olives into onion mixture and remove from heat. Meanwhile, combine cashews and 1 cup soymilk in blender and blend to a smooth paste. Add the remaining cup of soymilk and blend for a few seconds until combined. Pour the cashew soymilk mixture over the sautéed onion mixture and stir. Return pan to medium heat and cook, stirring occasionally, until the sauce thickens. Cook the pasta according to package directions. Steam the broccoli over boiling water for about 5 minutes, until tender but crisp. Add broccoli to the sauce mixture. Stir in 1¹/₂ cups of diced Seitan. Spoon the sauce over pasta and serve hot.