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Anticarnist

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Tonight I made this turkeyless turkey and many of you asked me for the recipe, so here it is! It's a blend of seitan and tofu and has bean curd sheets as the 'skin' and I'm amazed by it considering I followed the instructions so incorrectly for a lot of it! It tastes amazing so when I have another go it can only get better!

This recipe just goes to show that no one has to die for anyone's dinner and you can have turkey without the turkey.

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Recipe by Malin Engström from [The Seitan Appreciation Society](#) (Also consider joining the group and searching for Malin's name to find the post where HUNDREDS of people have commented with photos, videos and tips for this recipe!)

Got my slightly flat no-turkey turkey (or chicken, what have you) recipe sorted for christmas. It tastes just like the real thing! But a bit nicer.

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RECIPE!

I use this for my chicken-flavour stock powder: <https://www.amazon.co.uk/Massel-Natural-Bouillon-Chicken-Flavour/dp/B00VMF9S8M>

I use this for my chicken-flavour seasoning: <https://www.amazon.co.uk/Chicken-seasoning-blend-meat-free-Spiceworks-Hereford/dp/B079VGZK8S>

And a Nutri Ninja 900w blender for all my mixing.

The seitan:

Wet mix:

- 1 packet of firm tofu (396g net weight)
- 4 tablespoons good quality, low salt, chicken-flavour seasoning
- 1 tablespoon broth powder
- 3 tablespoons oil
- About 1/2 cup of water

Dry mix:

- About 100g vital wheat gluten
- 1 teaspoon baking powder

Simmering broth:

- Water
- About 2 tablespoons stock powder
- About 3 tablespoons chicken-flavour seasoning
- A whole bulb of garlic (if you love garlic! Put less or leave out if not)
- About 1 tablespoon each of sage/marjoram/thyme/whatever other herb you like with your no-bird bird.

Pop unpressed tofu in a blender with seasoning, oil and about ½ cup of water and mix until smooth. Only put just enough water so the tofu can be mixed, it should be quite thick. (See picture)

Pour tofu sauce in a bowl, add baking powder and start mixing in your vwg. You will have put enough vwg when the dough is still very moist, but firm enough for you to just be able to knead it lightly. (See picture)

Now, take a small handful of the dough and pop in your blender. I normally pulse for about 30sec -1min in total (pulse 1-2 secs, stop, pulse another 1-2secs, etc). Stop to unwrap the dough off the blades if the engine starts struggling (almost set mine on fire first time I made this!). You're done mixing when the dough is super smooth and kinda feels like soft chewing gum. Sticky, warm, elastic and smooth. (See video)

Doesn't take long at all. Repeat with rest of dough pieces. When they're all mixed, just gently clump them together in a bowl. Don't knead. Leave to rest for 30 mins whilst nursing 3-month-old baby (or, like, prepare broth and watch telly for a bit).

Prepare simmering broth. Use a pot that isn't too much wider than the seitan to prevent it from expanding too much sideways. Fill it up with enough water that you know would cover the seitan. Pop all broth ingredients in and bring to a simmer.

Taste the broth. It should be chickeny, but not very salty! This is important as the broth will be used later on.

Once the broth is simmering, take a sharp knife and stab the seitan all over. No mercy. We want the simmering broth to reach all the way inside. Then pop the seitan in the broth and let it simmer for about 1.5hrs. Turn dough a couple of times during the simmering process and as you do, stab the seitan a few more times in the middle to make sure broth keeps getting in there.

The seitan is done once you check on it and it's suddenly gone 'poof' and turned into a sponge. Worry not. This is good.

Now gently transfer seitan to an oven dish that's roughly the same size as seitan, cover and set it aside to cool. I put mine outside for an hour.

As seitan is cooling, mash up the garlic cloves inside the broth. Taste to make sure it's not too salty. If it's too watery you can reduce it a bit.

Turn the oven on, quite high. I had my seitan in together with my roast potatoes so about 200-210C fan / 220-230C conventional (which is like a bazillion in fahrenheit).

Pour the broth over the seitan. Then rub a couple of tablespoons of oil, a teaspoon of soy sauce and teaspoon of chicken seasoning on it. This + the high heat will make the skin.

Finally put seitan in the oven, until top has a nice colour. Take it out, flip it around and brown the other side too if you want. The seitan will now be much firmer than its previous sponge state.

(If you want tofu skin, do like Natalie Foss:

'For the skin I soaked bean curd sheets in the broth, put a light coat of plain flour on the loaf before covering with the skin to help it stick, then wrapped it tightly in cling film while I rested it before baking')

When the seitan is done and out of the oven, flip it around in the broth so it gets juicy all over. Then, sorry guys, pop it in the fridge overnight. It will firm up beautifully and really soak up all the juices.

When it's time to eat, I'd recommend slicing it cold, dipping slices in broth and then letting them heat up by pouring hot gravy over it on your plate.

