

ONE BITE

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Vegan Magazine

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20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a plant-based diet

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your New Year Party

NOT ONE, BUT TWO
»» READER GIVEAWAYS! ««

PEACE AND GOODWILL TO ALL BEINGS – VEGAN CHRISTMAS RECIPES

A Christmas spread you and your family can feel good about! We've put together a delicious and healthy selection of plant-based recipes that will keep you merry all the day through!

VEGAN STUFFED SEITAN ROAST

Nico Rossetti

Do you find yourself at a loss as to what to cook at Easter, Thanksgiving, and Christmas (or any get-together), that omnivores and vegans alike will enjoy? My vegan stuffed seitan roast is the solution you've been looking for. It's simple to make, chock-full of goodness, and is completely delicious too!

INGREDIENTS

FOR THE SEITAN:

- 4 large cloves garlic
- 350 ml vegetable broth cold
- 2 tbsp sunflower oil
- 1 tsp Marmite optional
- 280 g vital wheat gluten
- 3 tbsp nutritional yeast flakes
- 2 tsp sweet paprika
- 2 tsp vegetable bouillon powder
- 1 tsp fresh rosemary needles
- ½ tsp black pepper

PLUS:

- 500 g Vegan Red Cabbage and Mushroom Stuffing
- 300 g Spicy Pumpkin Purée

NOTES

1. This is essential to activate the gluten, and give you a firm, meaty roast. If you don't knead it properly, it will come out spongy and bread-like.

INSTRUCTIONS

1. Pre-heat your oven to 180°C (350°F/ gas mark 4).
2. In a large mixing bowl, mix together the vital wheat gluten, nutritional yeast, bouillon powder, paprika, rosemary, and black pepper.
3. Using a blender (counter-top or immersion), blitz the garlic, stock, oil, and Marmite together, and then add to the dry ingredients.
4. Mix well until everything is incorporated, and then knead for five minutes. (note 1)
5. On a large piece of silicone baking parchment, roll out the seitan into a vaguely rectangular shape, until it's around 1.5cm (½") thick.
6. Spread liberally with the pumpkin purée, and then add a layer of cabbage and mushroom stuffing.
7. Using the baking parchment, and starting at one of the short ends, carefully roll the seitan up into a log shape. Try not to stretch the seitan as you do this. Press the ends of the seitan together to seal.
8. Tightly wrap the log in aluminium foil. If your foil is thin, use two or three layers.
9. (I wrap mine up like a giant toffee – and tightly twist the ends of the foil to stop it coming undone!)
10. Place the seitan directly onto a shelf in the centre of the oven, and cook for two hours, turning it over every 30 minutes, to ensure even cooking and browning.
11. Once it's cooked, allow the stuffed seitan roast to rest in its wrapping for 20 minutes before slicing.
12. Serve with traditional roast veggies, make-ahead mushroom gravy, and any other trimmings you fancy.

HOW TO STORE

1. Keep the vegan stuffed seitan roast in the 'fridge, wrapped in tin foil, for up to two weeks. Reheat in a low oven, or fry slices in a few sprays of sunflower oil.
2. This roast can also be frozen for up to three months: defrost thoroughly, and reheat as before.



Nico Rossetti

Nico Rossetti is the recipe developer and blogger behind yumsome.com. Her website is full of delicious vegan recipes that are easy to make with readily-available ingredients. Nico's aim is to show her followers that vegan food can be delicious and doesn't have to be complicated to taste great.

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