

Seitan Savory Cutlets, Mashed Potatoes, Mushroom Gravy and Steamed Green Beans

Rustic Mashed Potatoes

Serves 4

4-6 Yukon gold or red potatoes, washed and diced
8 cups of water
2-4 T vegetable based margarine spread, or olive oil
½ - 1 cup plain rice, soy or almond milk, unsweetened
1-2 pinches sea salt
1-2 cloves garlic, peeled (optional)

Wash and remove eyes from potatoes. Do not peel. Cut into 1-2 inch cubes. In a medium sized sauce pan, bring potatoes and enough water to cover potatoes to boil (approximately 8 cups). When soft, drain (you can keep this water for vegetable stock). Place potatoes back into sauce pan. Add a couple of tablespoons of margarine or oil, ½ cup of rice, soy or almond milk and mash with potato masher (a pastry cutter also works well). If potatoes are too dry, add more margarine/oil and/or milk until desired consistency is reached. Add salt to taste and serve warm.

Options

Garlic may be added for more zing. Just throw 1-2 peeled cloves in when the potatoes are boiling. Use any combination of potatoes you want – purple, red, yellow, white, sweet, yams, etc.

Mushroom Gravy

Makes approximately 1 ½ cups

10 ounces button, baby portabella, or cremini mushrooms, sliced
1 cup onion, diced fine (optional)
2 tablespoons water

1/4 cup whole wheat flour or arrowroot
1 cup water or vegetable broth

1-2 tablespoons tamari or soy sauce
1 teaspoon Italian seasonings
¼ - ½ cup water or vegetable broth to dilute if too thick

Clean and slice the mushrooms. In a sauce pan, sauté the mushrooms and onions in water until soft – about 3-5 minutes. While this is cooking, whisk flour with 1 cup water or broth until smooth (pour the water into flour and whisk constantly). Add flour mixture, tamari and Italian seasonings to the mushrooms. Bring gravy to a boil and simmer for 3 to 5 minutes, stirring often. If gravy is too thick, add some of the remaining water or broth. Season and serve warm.

Seitan Savory Cutlets

Serves 4

1-2 T water
1 small onion, diced
2-3 mushrooms, sliced
2 8 oz. packages seitan strips
1-2 teaspoons tamari or soy sauce
1-2 teaspoons Italian seasoning
1-2 T water

In a large skillet or wok, heat 1-2 T of water. Cook onions and mushrooms until onions are soft. Add separated strips of seitan, tamari, spices, and water. Stir and cover. When seitan is heated, and liquid is nearly evaporated, serve.

Steamed Green Beans

Yield: 4 servings

10-12 ounces of fresh green beans, washed and trimmed
Large pot or wok with steaming basket and lid
3-4 cups of water

Place the steaming basket and water in the pot or wok and bring to boil. Scatter beans in basket, cover and steam for 4-5 minutes. The beans should be bright green and slightly crunchy. Serve warm.

For more information see: www.e2se.org