

# Gluten Steaks

- ❑ 8 cups organic, unbleached flour
- ❑ 3 cups water
- ❑ 8 cups homemade vegetable stock

Add water to flour and combine. Knead until dough becomes elastic, and then form into a ball. Place ball in a large bowl and cover with water. Allow it to soften overnight.

To “wash” the flour, work the starch out of the dough by kneading it in the bowl of water while making sure to keep the dough together. It will become more elastic as you work.

Discard the washing liquid. Covering dough with water, let dough rest for about 30 minutes, and then wash it again in fresh water. Repeat washing and kneading until the water is almost entirely clear.

Bring vegetable stock to a rolling boil. With clean kitchen scissors, snip steak-sized slices of the gluten meat into the stock. Boil gently for 30–35 minutes, until the steaks float to the top. Remove with tongs. Coat the steaks in breading and fry in a little oil. Serve with mashed potatoes and well-cooked vegetables.

Note: Can also be ground up for burgers or spaghetti sauce.

