

Seitan fricandó

Posted on **July 07,2011** by **hiulitscuisine**

Fricandó is a typical Catalan stew prepared with veal and different kinds of wild mushrooms. **Seitan** is a wheat gluten dough mixed with water and boiled in a soy sauce and kombu seaweed broth in order to enrich it (ginger is also widely used). It is also called "**vegetable meat**" because of its texture and consistency. It can be used to make hamburgers, meatballs, steaks, etc.. It has a lot of protein and is very digestive.

Ingredients

(for 2 servants):

- 1 seitan ball (9 oz)
- 1 big onion
- 2/3 cup peas
- 2 1/2 cup mushrooms
- wheat flour

Preparation time:

- 30 min

Directions:

1. Boil the peas for 10-12 min.
2. Grate the onion and set aside in a bowl.
3. Slice the seitan. Flour it and fry in oil. Set aside in a plate.
4. In the same frying pan, fry the mushrooms (*in this case, champignons or button mushrooms*) and the grated onion slowly. When the onion turns brown, add the peas, season with salt and pepper to taste and let it finish cooking.
5. Add the seitan slices, cover with water and simmer for about 15 min or until the sauce has the desired texture (*you can add some flour to have a thickener sauce*).

[Fricandó de seitan / seitán](#) from [hiulit's cuisine](#) on [Vimeo](#).

Posted in: Main Courses, Recipes, Traditional / Mediterranean Cuisine, Videos |
Tagged: Champignons, Mushrooms, Onion, Peas, Wheat Flour | With 0 comments