

## Seitan And Beyond Gluten And Soy Based Meat Ogues For The Ethical Gourmet

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Seitan And Beyond Gluten And

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Seitan and Beyond Cookbook - The Gentle Chef

Seitan, another name for wheat gluten, is not gluten-free. Seitan (pronounced say-tann) is made by washing wheat flour dough until all the starch is removed and only the gluten protein remains. The protein is then cooked and served, often as a meat substitute in vegetarian and vegan dishes.

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