

German Seitan Recipes

"Speckknoedel" mit Sauerkraut ("Bacon" dumplings with sauerkraut)

from Felix Weber - Bavaria, Germany

A very Bavarian recipe.

Cut seitan in little pieces and fry it.

Season it well (pepper, salt, a mixture of piquant herbs etc.).

Peel potatoes from the day before, and mash them.

Add 1/2 - 1 tsp herbal salt and 1-3 heaped Tbsp soy flour.

The dough shouldn't be too dry.

If it's too dry the dumplings fall apart.

If it's too wet, the dumplings get too mushy.

Form dumplings out of the dough and fill some seitan pieces into each.

Now cook the dumplings in boiling salt water for about 20-25 minutes.

Bring the sauerkraut to the boil, add some salt, some diced and fried smoked tofu and some brown sugar.

Ready !

Published by the Vegan Versand, a German vegan mail order organization.

Source: International Vegetarian Union website

"Sauerbraten" with Brown Sauce

from Felix Weber - Bavaria, Germany

A typical German Sunday dish.

Marinate the seitan overnight in a sauce of vinegar (diluted with water), salt, pepper, onion rings and bayleaves.

For the sauce melt 20 g margarine and brown chopped onions in it.

Sprinkle about 20 g flour on it and also let it brown.

Add 1/4 l soy milk and 1/4 l vegetable stock, some herbal salt and pepper to it.

Let it simmer for 5-10 minutes.

Goes with dumplings and kraut, or noodles and salad.

Published by the Vegan Versand, a German vegan mail order organization.

Source: International Vegetarian Union website

"Goulash"

from Felix Weber - Bavaria, Germany

Cut seitan in cubes and fry them in oil till dark and crusty.
Add chopped onions and pepper cut in little pieces.
Season it well.
Sprinkle flour on it and let it go dark.
Add a bit of water to it and let it thicken.
Do this again till the sauce gets the right consistency.
You can add mushrooms as well.
That's very yummy! Goes with noodles or rice.

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Source: International Vegetarian Union website

Seitan Pieces in Creme Sauce

from Felix Weber - Bavaria, Germany

Chop an onion and brown it in oil.
Cut seitan into bite-sized pieces add to the onions and fry till brown.
In the meantime mix 2-3 Tbsp of the seitan stock (which is left in the seitan jar you've bought) with 2 Tbsp flour and stir it in the seitan-onion mixture.
Season it well and bring it to the boil.
You can change the consistency by adding 2-6 Tbsp soy milk.
Garnish with chopped parsley.
Goes with potatoes and salad.

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Source: International Vegetarian Union website

Traditional German Stew

From: Herma Caelen,

Ingredients:

350 g soya chunks, prepared in vegetable stock
1 medium swede turnip, sliced
4 carrots sliced
2 onions, sliced
Vegetarian gravy powder
Oil

Method:

Preheat oven to 200C
Parboil carrot and turnip slices in a pan
Brown drained soya chunks in a little oil in a large pan
Add parboiled vegetables (keep the water) and onions to brown along with the soya chunks
Add the vegetable water and bring to the boil again
Add vegetarian gravy powder, stir well
Fill into a casserole dish.
Bake in oven for 25 minutes

Can be served with boiled or mashed potatoes.

Vegan Pancake

From: Herma Caelen,

Ingredients:

g wholewheat flour
3 tbs soya flour
1 tsp baking powder
2 tsp vegetable oil
1 tsp salt
Vegan margarine
Water as required

Method:

Combine the flours, baking powder and salt
Make a well in the center, pour in the oil, then pour in the water gradually, stirring constantly
The consistency should be like thick cream
Leave to stand for about half an hour
If it is too thin then add more water, if it is too thick, add more flour
Melt some vegan margarine and fry the pancakes on both sides

Apple soup

From: Herma Caelen,
European Vegetarian Union

Ingredients:

750-1000 g apples
1 ½ - 2 l water
40 g corn flour (Maizena)
A little lemon juice
Sugar

Method:

Peel the apples and cut them in quarters
Boil them in water and lemon juice, until tender
Mix the apples to a puree and boil them again
Mix the cornflour with a little water and add to the boiling puree
Add sugar to taste
This soup can be eaten hot but is very refreshing in the summer when served chilled.

Frankfurt Green Sauce

Green Sauce is a dish that originates from the Frankfurt/Main (Hesse, Germany) region. This is a veganized version.

Ingredients (four servings)

3 to 4 cups (200g/7oz each) of vegan sour cream
soya milk (or other alternative to dairy milk)
1 tbsp. sunflower oil (or other oil of neutral taste)
2 tsp. lemon juice
1 packet of plain tofu
10 to 15 large potatoes
one to one and a half empty vegan sour cream cups filled with dill
one to one and a half empty vegan sour cream cups filled with other mixed herbs: chives, parsley, onion leaves, lemon balm, burnet, a small amount of sorrel if available

Preparation

Mix sour cream, oil and lemon juice and add milk until the mixture takes the consistency of a thick sauce. Chop herbs to very fine bits and mix them into the sauce. Cut tofu into small pieces and add them to the sauce along with some salt and pepper. Leave the sauce in the fridge for about one to one and a half hours.
Boil potatoes and serve hot with the cold sauce.

Source: adapted from "http://en.wikibooks.org/wiki/Cookbook:Green_Sauce"