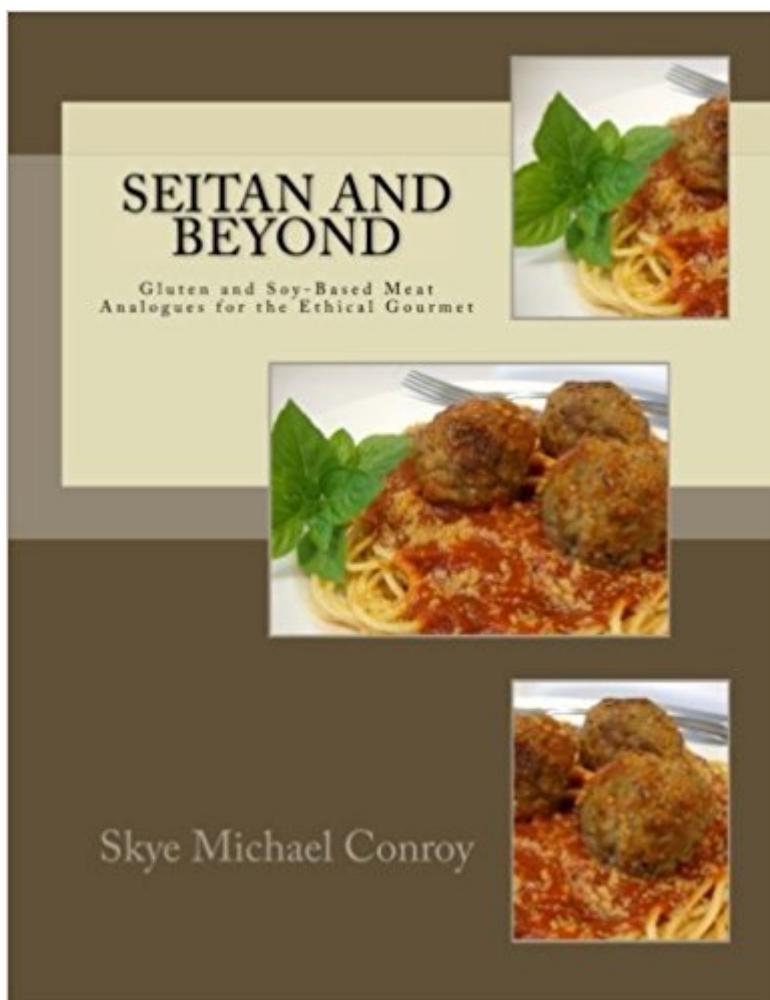


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# Seitan And Beyond: Gluten And Soy-Based Meat Analogues For The Ethical Gourmet



## **Synopsis**

\*Please note: This cookbook is TEXT-ONLY\* Many people who embrace a plant-based diet do so for ethical reasons and not because they dislike the flavor and texture of meat. But finding satisfying meat alternatives is not always easy for individuals who once enjoyed the flavors and textures associated with meat-based dishes, or for individuals who grew up with meat-based dishes as a traditional part of their family or ethnic heritage. This TEXT-ONLY cookbook is an expansion of my early work with meat analogues in the Gentle Chef Cookbook. With these recipes we will explore new and different ways to approximate the texture, flavor and appearance of a wide variety of meats, meat products and seafood at home using gluten, tofu and other wholesome plant-based ingredients and without the need for expensive factory equipment. The cookbook also offers a comprehensive section of recipes devoted to essentials and incidentals needed for preparing meat analogues, as well as seasoning blends, gravies, sauces and condiments. A digital version of the cookbook in PDF format with beautiful full color photos can be purchased directly from TheGentleChef.com website. Many photos of the recipes can also be found on the website.

## **Book Information**

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## **Customer Reviews**

Do not be intimidated by the thought on making your own vegan meat substitutes. It takes time, but it is easy, and once you get the process down, it gets even faster. Chef Skye is on the cutting edge of home made meat and cheeses. His process is practically foolproof - just read the directions carefully. As a matter of fact, I recommend reading through the entire book prior to starting. If you are brand new to this type of cooking, you may need to augment your pantry before you begin: Vital

Wheat Gluten (Bob's Red Mill brand is readily available at Whole Foods and other stores of that type - my neighborhood Kroger's even carries it), extra firm tofu, mellow white miso are the main ingredients. For the seafood analogs, there are a couple of items that can be found on the Internet. When Chef Skye advises to have your ingredients "mise en place", or gathered, measured, and ready to go, listen. Remember, when making seitan, it will need to chill for at least 8 hours, so planning ahead is essential. First I made the 'meatloaf.' It has been years since I've used TVP, and this application for it was spot on. I've found that with the TVP dishes, as I live at altitude, (7,000'), I like to add a little more moisture. However the seitan recipes do not need to be adjusted for altitude. The next item I made was the Pork cutlets. The Tomkatsu recipe provided was delicious and I made the leftover cutlets "Parmagiana" style the next day. I'll be damned if it didn't taste exactly as I remembered veal parmigiana tasting many years ago. Their texture was great. I followed by making the "Chik'n fingers and cutlets" which became coconut Chick'n and some more Parmagiana (I used Chef Skye's Mozzarella recipe - which melts beautifully and is a great hit at parties). Most vegans I know did not give up meat because of taste - but for compassion's sake. These recipes are a wonderful way to reintroduce cruelty-free cuisine, and what is great is that you know \*exactly\* what is going in to your food. It is ultimately cheaper than store bought and much tastier. One more note: Seitan develops flavor from the broth that it is simmered in. You can cheat by using instant broth, although if you have the time, making the broth from scratch yields wonderful results, and the remaining liquid can be frozen for later use. Another hidden gem is that Chef Skye always adds condiment recipes to each of his cookbooks and they are worth a look. The Worcester sauce is a staple that you must have on hand. The quick Sour Cream, beats anything commercial. Lastly, don't overlook the opportunity to join The Gentle Chef facebook group. There, you will get great ideas, support and assistance in your journey on compassionate eating. And the group is all about Chef Skye's recipes - no need to wade through politics - just food. Enjoy!

There are so many reasons to cook without meat and dairy- the environmental crisis is truly concerning, the health crisis is also a problem, and there is even the issue with feeding the hungry around the world. But, the single most important reason is it hurts living creatures and we do not have to. This cookbook is for people who are ready to have all their old favorites like sliced turkey or roast beef or anything else you can think of. The deviled eggs are awesome etc. Chef Skye even has a Facebook group for his fans where everyone assists each other. It really helps you to gain confidence once you see other people doing it and gaining results. I do not need meat replacement, but I love having it for a fun change and for celebrating with people who do like to have meat. My

husband loves to have roast beed sandwich, turkey sliced on bagle etc. I love cheese and ranch dressing so his recipes for these things are the best of the best. I am telling you- it is amazing. Please spread the word. What if all of us started mastering this stuff and showed the world how easy it is to be cruelty free. Important info to know: 1. Get all your ingredients asap- so they are on hand. 2. Join the FB group if you can! (Though not necessary) 3. Read and plan and make two batches, so you can freeze. 4. Getting past the nervous part is all you need to be really successful. 5. Take this stuff to parties!!! Picture Inam showing is first time we made the Prime Roast Beef- really great!!! Tastes like when you go on buffet and get the non- rare slices. Severed with horse raddish and au jus...

I haven't had the book very long, but I made the shredded "chickun" recipe and it was soooo good! As it was baking, it smelled like a real chicken breast! I know that's a turn-off for some Vegan's, but I'm guessing if that's the case, you wouldn't even be looking at this book. I miss the taste of meat, but I would never consider eating it again after my eyes have been opened to the cruelty involved. I'm so excited to try the "porq" and the "beaf"! I will say that it took a little effort to round up some of the ingredients, but they were easily ordered from :) Also, it's definitely not convenience food...but well worth the time involved in creating it.

Skye has changed my life forever with his recipes. Everything I have made is beyond amazing. Having a plant based diet could seem restricted until you dive into any of his cook books. I couldn't wait for this to come in the mail and boy did it not disappoint! I can't say enough good things about cooking his meals. They are all clear and relatively easy recipes once you get the basics down. The hardest part is waiting for it to be done!!! Thank you thank you thank you Skye for being such a pioneer in Vegan cruelty free plant based cooking.

His books require good attention to direction, but the results are impressive. Best vegan pepperoni I've ever had.

Fantastic recipes for making meat analogs all plant based vegan.....the taste and texture is amazing to say the least. Skye Michael Conroy is a genius and Master Chef. My family is thrilled with his recipes. Easy to make, and offers great meatless alternatives to add to all your favorite dishes.

I've been looking for a recipe to make meatless ham and that's the reason why I bought this book.

The ham is delicious as well as the other recipes I've tried. The salami is out of this world! I tried the pepperoni too and it was amazing. I'm trying to reduce my salt intake and the meatless alternatives at the grocery store are full of salt. In these recipes, I can control the amount of salt and save money by making the items myself.

This book should be in every vegan kitchen! Easy and delicious recipes. The meatloaf is SO good. The meatballs too. Excuse me, I am hungry for more.

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