

Seitan Stew

Bring water and kombu to a boil. Remove kombu and reserve. (It may be reused to make a stock, or cooked later with beans or vegetables.)

Parboil carrots, rutabaga, and green vegetable individually until almost tender. Remove immediately and allow to cool in a strainer or colander. Heat oil in a skillet and sauté onion for 3-5 minutes, then add mushrooms and a small pinch of salt and sauté for a few minutes more.

Add seitan, then vegetables, and sauté all together briefly. Add the bay leaf and pinch of rosemary to the 2 cups of stock, then add vegetables and salt. Simmer for 5 minutes, add shoyu to taste and cook for 2 minutes more.

Remove from heat.

Dissolve the kuzu in 2 tablespoons cold water, add to stew, and slowly bring back to a boil, stirring constantly but gently. Simmer for 2-3 minutes and serve.

Variation: Add a little fresh ginger juice along with the kuzu.

Preparation List:

Serves 3

- 2 cups water
- 4-inch piece kombu
- 1-2 carrots, cut into bite-sized chunks
- ½ rutabaga (yellow turnip), peeled and cut into chunks
- 10-12 green beans or Brussels sprouts
- 2 teaspoons sesame or safflower oil
- 1 onion, cut into eighths
- 6-8 mushrooms, quartered
- 1 ½ cups bite-sized chunks seitan
- ½ bay leaf
- pinch rosemary
- ¼ teaspoon sea salt
- 1 tablespoon shoyu
- 2 tablespoons kuzu