

# Seitan Brisket

Swick

Makes 4 servings | Active Time: 45 minutes | Total Time: 1 hour

## Step 1: Making the Dish

- FOR THE JUS:
- 1 cup chopped portobello, cremini, or shiitake mushrooms
- 3/4 cup tamari
- 1 onion, diced
- 1/4 cup minced garlic
- 1/4 cup red wine or canned or boxed Roma tomatoes, blended
- 3 cups water
- 1/2 cup rough chopped carrot
- 1/2 cup rough chopped celery
- 1/4 cup oil (use a neutral-flavored oil such as sunflower)
- 3 sprigs rosemary
- 3 sprigs thyme
- 1 tablespoon granulated onion
- Salt
- Freshly ground black pepper
- FOR THE SEITAN:
- 2 cups seitan cut into 2-inch pieces
- 1 teaspoon salt
- 2 tablespoons oil
- 1 carrot, chopped
- 1 teaspoon freshly ground black pepper
- 1 teaspoon granulated garlic
- 1 teaspoon granulated onion
- 1 teaspoon fresh thyme leaves
- 1 teaspoon olive oil
- 1 to 2 teaspoons agave or coconut nectar

To make the jus, in a stockpot over medium heat, combine all the jus ingredients and bring to a boil. Reduce the heat to a simmer and cook until the carrots, onion, and celery are tender, 6 to 8 minutes. Strain through a mesh sieve and set aside, reserving both the broth and the solids.

Preheat the oven to 350°F (175°C).

Season the seitan with salt and toss it in the oil along with the carrot, pepper, garlic, onion, and thyme. Arrange the seitan on a baking sheet and bake for 15 minutes.

Remove the seitan from the oven and raise the heat to 375°F (190°C).

Transfer the seitan to a roasting pan. Stir in 1 cup of the jus. Cover the pan with foil, and heat it in the oven for 10 minutes.

Remove the foil and add 1/2 cup more jus. Return to the oven uncovered and cook for 15 more minutes.

Heat the olive oil in a skillet over medium heat. Add the seitan along with the agave, and cook until the outside of the seitan is caramelized, 3 to 4 minutes, flipping halfway through.

Add more jus, one tablespoon at a time, to prevent burning.

Transfer the seitan to a serving platter and pour the remaining jus over the top.