

WALNUT GLUTEN – VEGGIE BEEF

GLUTEN:

Blend:

1 ½ c. walnuts

2 c. water

1 tsp. sea salt

1 tsp. onion powder

1 tsp. garlic powder

Mix on a stainless bowl:

3 c. gluten flour

¼ c. whole-wheat flour

BROTH:

10 c water

½ c soy sauce unfermented or
(3 T. soy sauce powder)

BROTH: Stir all ingredients well in a large saucepan. Bring to boil.

GLUTEN: Blend walnuts, water, sea salt, onion powder and garlic powder on high until creamy. Mix gluten flour and whole-wheat flour in a large bowl. Pour walnut liquid into gluten bowl mixture. Knead quickly. Cut into two portions, and shape into loaves. Cut into ½" slices and into boiling broth. Lightly boil for 30 minutes. It freezes well. Use it for beef substitute.

KOREAN TERIYAKI STEAK (BOOLGOGEE)

2 C. WALNUT GLUTEN, SLICED (See recipe above) 6 T. water

½ onion, sliced

1 T. nutritional yeast flakes

2 T. soy sauce, unfermented

1 T. turbinado sugar

2 T. soy sauce, unfermented

1 tsp. garlic powder

Mix them together in a bowl. Cook in a hot skillet until brown on both sides.

Serve with brown rice, potatoes, pasta, or corn. Very delicious!