

Prep **20 min**

Cook **1 hour 30 min**

Serves **6 people**

## Ingredients

### Wet Mix

100ml warm water

2 tbsp olive oil

2 tbsp soy sauce or tamari

½ tsp vegan worcestershire  
sauce

### Dry Mix

3 tbsp nutritional yeast

1 tsp onion powder

1 tsp dried sage

¼ tsp smoked salt

½ tsp dried thyme

100g tinned cannellini  
beans (drained  
and rinsed)

200g vital wheat gluten flour

### Basting Mix

300ml vegetable stock

1 tbsp maple or agave syrup

2 tsp ground peppercorns

A generous splash of  
lemon juice



# ROAST TURKEY JOINT

# Essential

## Method

1. Begin by mixing all the wet mix ingredients in a food processor or blender. Add all of the dry ingredients - apart from the beans and vital wheat gluten - one by one to the wet mix and blend. Now add the cannellini beans to the wet mix and blend until these are completely smooth.

2. Transfer to a mixing bowl and begin to stir in the vital wheat gluten slowly. Mix well until the dough comes together. Sprinkle some wheat gluten onto a surface and knead a few times until you have a large, oval-shaped dough. The dough will still be slightly wet but this is normal.

3. Lay out on some tin foil and wrap tightly, sealing firmly at each end. Now steam for 1 hour. Make sure to check the water levels as sometimes it can dry out.

4. 45 minutes into steaming, preheat your oven to 180C. Once it has finished steaming, place the foil-wrapped seitan into the oven and cook for 25 minutes, basting regularly and thoroughly - 3 or 4 times - with a brush. Remove from the oven and slice the seitan to serve. If used for sandwiches, the roast can be sliced and eaten cold.