Seitan Wellington



Consejo del chef

You can use white wine or *cava* instead of red wine, but if you do, remember not to use tomato puree.

Raciones para 2

- ❏ **60 ml** Water
- ❏ **120 gr** Unsweetened vegetable milk
- ❏ **75 gr** Wheat flour
- ❏ **120 gr** Corn starch
- ❏ **2 gr** Salt
- ❏ Nutmeg to taste
- ❏ **250 gr** Mushrooms
- ❏ **1** Peeled clove of garlic
- ❏ **30 gr** Margarine
- ❏ **2** Sprigs of fresh thyme
- ❏ **3** Onions of different kinds
- ❏ **2** Cloves of garlic
- ❏ **1** Bay leaf
- ❏ **1** Branch of rosemary
- ❏ **2** Tablespoons of tomato puree
- ❏ **500 gr** Red wine
- ❏ **2** Orange carrots
- ❏ **2** Purple carrots
- ❏ **100 gr** Brussels sprouts
- ❏ **200 gr** Baby potatoes
- ❏ Olive oil
- ❏ Salt and black pepper to taste
- ❏ **6** Strips of vegan bacon
- ❏ **200 gr** Seitan
- ❏ **1** Rectangular puff pastry sheet
- ❏ The crêpes
- ❏ The Duxelle
- ❏ Dijon mustard

1. Mix all of the ingredients to make the dough for the crêpes.
2. Heat a non-stick frying pan with a drop of oil and add a ladle of the dough mixture. Spread it well over the entire surface of the pan by tilting it in all directions.
3. Cook for about a minute and when you notice that the crepe slides slightly, turn it over. Cook on the other side and follow the same process until all the dough mixture has been used up. Let the crepes cool.
4. For the Duxelle: Heat the margarine in a pan while you chop the mushrooms with a grinder. Be careful not to over-grind them as they will lose a lot of water.
5. Brown the mushrooms in the margarine along with the thyme sprigs and chopped garlic. When they are well toasted, add the wine and let the alcohol evaporate. Remove the thyme sprigs, season to taste, and keep to one side.
6. For the assembly of the seitan Wellington: lay a crepe on a flat surface. Spread a teaspoon of Dijon mustard on it.
7. Lay three strips of vegan bacon slightly overlapping so that the narrow part of the strips are facing you.
8. Spread half of the Duxelle over the vegan bacon and place a rectangular-shaped piece of seitan. Cover with more Duxelle and repeat the process with another crepe.
9. Fold the part of the crepe closest to you towards the centre. Bring the sides of the crepe to the centre as well and turn into a burrito shape.
10. Wrap the 'burrito' in the same way in puff pastry, sealing the dough well so that nothing escapes. Keep it in the fridge until you are going to bake it.
11. Bake at 190ºC until golden all over. Serve hot.
12. For the sauce: Peel and cut the onions and garlic. Sauté in olive oil with a pinch of salt and the herbs.

13 Once they are golden brown, add the tomato puree and stir for a few minutes. Add the red wine and let it cook over a low heat.

14 For the garnish: cut the vegetables into pieces of the same size. Season and add olive oil. Mix well with your hands and place on a paper-lined baking tray.

15 Bake at 200ºC until everything is golden. You can add spices and fresh herbs to your taste.

Chef's Notes

https://cookinglovers.teka.com/en/receta/seitan-wellignton-vegana/