

KASHA VARNISHKES WITH SEITAN

Vegetarian, Pareve

Serves 4-6

INGREDIENTS:

Step 1:

- 1 container of Seitan (~12 ounces)
- 1/4 cup Worcestershire Sauce*
- 1/4 cup Barbeque Sauce*

Step 2:

- 2 cups Liquid - Broth, Bouillon, Consommé, or Water
- 2 tbsp Butter, Margarine, or Oil
- 1 cup Kasha, Coarse Ground
- 1 Egg
- 1/4 tsp Salt
- 1/8 tsp Pepper

Step 3:

- 6 oz Bowtie Pasta (Farfalle)
- 3 quarts Boiling Water

Step 4:

- 1 large or 2 small Yellow Onions
- 1 cup Vegetarian Brown Gravy

PROCEDURES:

Step 1: Marinade the Seitan

- Squeeze liquid out of seitan
- Mix Worcestershire Sauce and Barbeque Sauce in shallow bowl.
- Mix seitan in the marinade ensuring all surfaces are covered.
- Allow to sit in refrigerator for 1/2 to 1 hour.

Step 2: Cook the Kasha

- Heat liquid, butter, salt, and pepper to boiling.
- Beat egg lightly with fork in 2 qt microwave-safe bowl.
- Add Kasha and stir to coat all kernels.
- Microwave, uncovered, on High setting for 2 minutes. Stir frequently to separate kernels.
- Carefully stir in liquid
- Microwave, covered, on High setting for 5 to 7 minutes until kernels are tender and liquid is absorbed.

Step 3: Cook the Pasta

- Boil pasta until noodles are tender.
- Drain and combine with Kasha.

Step 4: Prepare Gravy and Seitan

- Slice Onions and fry in large pan
- Prepare the Brown Gravy according to instructions
- Add Gravy and Seitan to Onions and simmer for until seitan is hot.
- Serve over Kasha and Bowties.

NOTES:

In addition to the onions, if you have fresh mushrooms, it's great to cook and add them, too. (I usually slice and microwave for about 1 minute.)

When you are ready to serve, you can heat the kasha and bowties separately from the seitan and gravy and spoon the seitan and gravy over the kasha and bowties on each plate (like spaghetti and sauce). OR if you stored in one container - just heat and serve.

Recommended Brands:

