

Recept geschikt voor: 4 personen | **Moeilijkheid:**
Voorbereidingstijd: 30 min | **Bereidingstijd:** 45 min | **Totale bereiding:** 75 min

Bertyn producten: Veggie Protein Bloc - Natur Veggie Protein Bloc - Spelt Veggie Protein Bloc - Wheat

Bron: bertyn.eu | Chef: Stefano Vicinoadio | © Stefano Vicinoadio

Vegetarian roast recipe made from seitan with a tempura herb crust

Ingrediënten

- 1 tbsp coconut oil (Amanprana)
- 1 Veggie Protein Bloc
- 1 pinch fleur de sel (Amanprana)
- 1 pinch pepper
- 2 onions
- 3 large carrots
- 1 leek

For the tempura:

- 1 c cornmeal
- 1 c wheat flour
- 1 pinch fleur de sel (Amanprana)
- 1 pinch pepper
- 1 tsp seasoning mix (Amanprana Orac Botanico mix)

- 2 tbsp cold water

Bereiding

1. Make a stiff tempura batter with the cornmeal, wheat flour, fleur de sel, pepper, seasoning mix and cold water.
2. Heat a generous quantity of coconut oil in a frying pan.
3. Cut diamond-shaped grooves into one side of the seitan.
4. Press this side into the tempura batter, then immediately dip that side into the hot oil (hold the block tightly so you don’t drop the whole thing in the oil).
5. Continue to deep fry the seitan until the tempura starts to turn brown.
6. Repeat the steps until you have a 2 to 3 cm crust on that part of the seitan.
7. Season the roast with fleur de sel and pepper and place each of the uncooked sides in the oil to sear in turn.
8. Peel the onions and wash the carrots and leek. Cut into cubes.
9. Place the roast in an ovenproof dish with the cubed vegetables and bake at 180°C for 15 minutes.
10. Turn the oven to grill and cook for a further 5 to 10 minutes to brown the crust.
11. If your oven doesn’t have a grill function, sprinkle a little sugar over the top to make a caramelised crust.
12. Serve with classic red cabbage, potatoes and vegan gravy, or whatever takes your fancy. Bon appetit!