

GOOP



Tamra Davis

Seitan with Lemon Caper Sauce

Serves: 2

Time: 30 minutes

ingredients

- 8 ounces seitan
- ½ cup flour, plus 1 teaspoon
- 2 tablespoons breadcrumbs
- 2 pinches salt
- 4 tablespoons olive oil
- ½ scallion or 2 garlic cloves
- 1 onion, sliced thin
- 2 lemons, juiced
- 2 tablespoons capers, drained
- ¼ – ½ cup white wine
- ¼ – ½ cup water or light vegetable broth
- salt and pepper

preparation

Slice the seitan into ½" wide medallions. Fill a covered dish or a baggie with flour and breadcrumbs. Shake the seitan around. Sprinkle off the excess flour as you put them in a pan with two tablespoons of olive oil and garlic. Fry till golden. Set on a plate and cover to keep warm.

Add the onion, garlic and two more tablespoons of olive oil to the pan you just used to cook the seitan. When the onions soften, add the lemon juice, capers, white wine and broth. Add the liquids slowly and reserve a little in case you need to add more. Cook for a few minutes and then thicken with a teaspoon or so of flour.

Top the seitan with the lemon caper sauce and serve with a grain and a vegetable for a complete meal.