



Seitan Marsala

NIBBLEDISH CONTRIBUTOR

Ingredients

1/2 cup all-purpose flour
1 tsp each: oregano, thyme, paprika
a dash each: cayenne, salt, pepper
2- 8 oz packages of seitan, sliced thin
1 tablespoon olive oil
4 tablespoons earth balance (butter)
3 cups sliced cremini mushrooms
3/4 cup Marsala wine
1 cup veggie stock
1 tbs parsley
salt and pepper
chopped scallions

Instructions

Combine the flour and seasoning mix in a bowl and stir to combine thoroughly. Add the seitan chunks to the bowl and cover them with the seasoned flour mixture, then get rid of the excess flour. (a strainer works) Heat the oil in a large skillet over medium-high heat until very hot but not smoking. Add 1 tablespoon of the butter and cook the seitan until golden brown. Transfer to a plate and set aside. Add 1 tablespoon of the remaining butter to the pan and add the mushrooms. Cook, stirring frequently, until mushrooms are golden brown around the edges and have given off their liquid. Add the Marsala wine and bring to a boil. When the wine has reduced by half, add the stock and cook for 3 minutes, or until the sauce has thickened slightly. Lower the heat to medium and return the seitan to the pan and continue to cook until the sauce has thickened, about 5 to 6 minutes. Swirl in the remaining 2 tablespoons of butter, add parsley and salt and pepper, to taste. Garnish with chopped scallions and serve immediately.
