

GLUTEN RICE CASSEROLE

2 c. cubed gluten · ***** See recipe Gluten below**
1 can pineapple tidbits, drained
1 can sliced mushrooms, drained
1 green pepper, chopped
2 tomatoes, diced
1 small head cabbage, shredded
3 - 4 carrots, grated
1 medium onion, chopped
1/2 Pkg. medium/firm tofu
8 c. cooked brown rice
2 c. frozen peas
Bragg's liquid aminos to taste

Sauce:

2 Tbsp. honey (liquid)
2 Tbsp. olive oil
4 Tbsp. lemon juice
½ c. Bragg's liquid aminos

1. In a small bowl, mix together ingredients for sauce. Mix in cubed gluten. Marinate for 1 - 2 hours.
2. In a large frying pan or wok, mash tofu and fry until liquid has evaporated.
3. Add cooked rice, peas and liquid aminos to taste. Fry until flavor is throughout rice. Place rice in a large baiting dish.
4. In another small baiting dish, mix together pineapple, mushrooms, peppers, tomatoes, gluten and sauce. Place in oven and broil for about 4 minutes.
5. Sauté in a little olive oil, cabbage and carrots for about 5 minutes. Layer over rice.
6. Pour vegetables, gluten and sauce over top of the casserole.
7. Place casserole in oven at 350 degrees F. until heated through. Serve with a salad.

GLUTEN

3 c. gluten flour
½ c. minute tapioca
½ c. whole-wheat flour
1 Tbsp. brewer's yeast or 2 Tbsp. nutritional yeast flakes
2 Tbsp. beef-like seasoning
2 Tbsp. chicken-like seasoning
2 ¾ c. water
¼ c. Bragg's liquid aminos

Broth:

1 medium onion, chopped

10 c. water
1 (28 oz) can tomato sauce
2 Tbsp. beef-like seasoning
½ c. Bragg's liquid aminos
1 tsp. instant coffee substitute
1/2 tsp. sea salt
1/2 tsp. Italian seasoning
1/2 tsp. garlic powder

1. In a large stockpot combine all ingredients for the broth. Bring to a boil then reduce to simmer or a slow boil.
2. In a large bowl combine gluten flour, tapioca, whole-wheat flour, yeast and seasonings. Mix well. Make a well in the center. Pour in the liquid aminos and water. Mix altogether at once quickly. (You may need to use your hands). Shape into a roll.
3. With a sharp knife, slice so each piece is about X-inch thick.
4. Drop slices one at a time into the simmering broth. Gently stir the mixture occasionally. Place lid on pot and simmer for 1 hour to 1 1/2 hours or until gluten pieces are desired texture. (The longer it boils, the tenderer it will become). When done, remove gluten from broth.
5. Dip in seasoned breadcrumbs. Fry both sides in a non-stick skillet with a little olive oil.

Seasoned Bread Crumbs:

1 c. fine bread crumbs • 2 Tbsp. nutritional yeast flakes • 1 Tbsp. parsley flakes • 1/2 tsp. garlic powder • 1/2 tsp. onion powder • ¼ tsp. paprika

Gluten freezes well. You may choose to grind up into burger or dice into cubes. The broth can be frozen and used again by just adding some additional water and/or tomato sauce. The following recipes will give you some ideas in preparing or using the gluten.