



Pazzi per il Seitan (Italian Edition)

Renzo Samaritani

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SEITAN TONNATO

CON MELANZANE RIPIENE

CON LE TACCOLE

CON MANDORLE

AL CURRY

RAGU'

AL CARTOCCIO

CON AGLIO E OLIVE

CON LATTE E SALVIA

CON IL RUM

CON RISO E PEPERONI

SPEZZATINO AL POMODORO

CON LIMONE E ZENZERO

GNOCCHI

A FETTE CON PATATE

AL CARTOCCIO

CON RUGHETTA

CON CICORIA SALTATA

POLPETTONI

e molte altre!

Il seitan è un alimento altamente proteico ricavato dal glutine del grano di tipo tenero o farro o khorasan. Viene cotto ed insaporito in acqua con salsa di soia (shoyu o tamari), alga kombu, sale. Il frumento contiene quattro proteine, di cui due idrosolubili e due no; una delle due proteine non idrosolubili si chiama glutine. È

ideale per un'alimentazione vegetariana o di semplice riduzione di cibi di origine animale e di colesterolo, grassi e calorie.

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