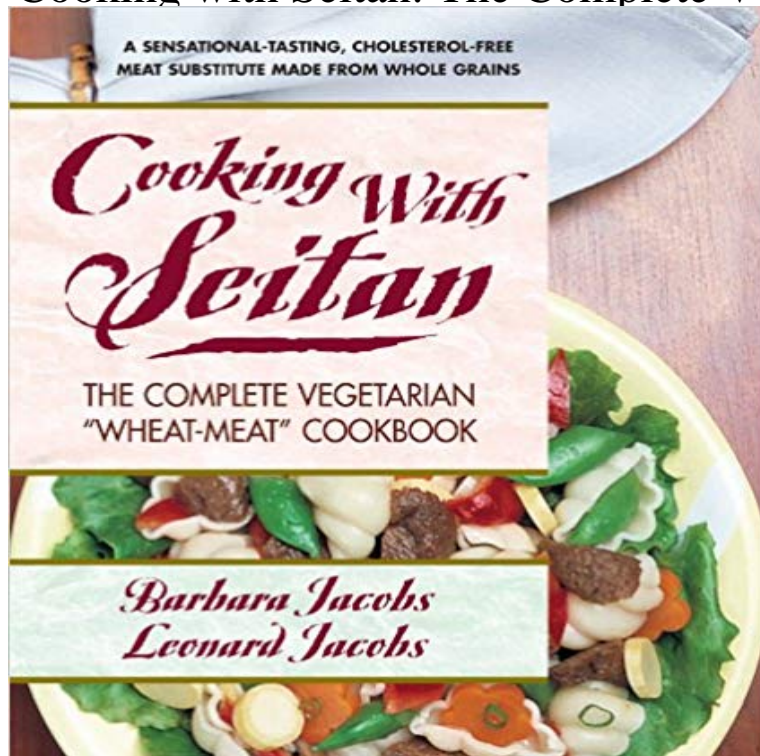


# Cooking with Seitan: The Complete Vegetarian Wheat-Meat Cookbook



Seitan (pronounced say-tan) is a spectacular meat substitute with a look, taste, and texture that satisfies the heartiest of appetites. Derived from wheat flour, seitan is naturally nutritious and low in fat, cholesterol, and calories. Perhaps best of all, it is amazingly adaptable and can be seasoned and prepared to fit into any menu. Cooking with Seitan provides a wonderful introduction to this versatile food. The book explains, step-by-step, how seitan can be made, stored, and used. Also included are over 250 kitchen-tested recipes featuring twists on traditional and international favorites as well as new and imaginative dishes, from salads and appetizers to soups, stews, and even desserts. Whether you want to add to your repertoire of vegetarian dishes or you simply love great food, Cooking with Seitan can add a deliciously healthful touch to your menu.

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