



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳 🍳

Vorbereidingstijd: 30 min | **Bereidingstijd:** 20 min | **Totale bereiding:** 50 min

Bertyn producten: Veggie Protein Steak - Natur Veggie Protein Steak - Spelt Veggie Protein Steak - Wheat

Bron: bertyn.eu | Chef: [Stefano Vicinoadio](#) | © Stefano Vicinoadio

Truffle-fried filet of seitan in tempura with red cabbage

Ingrediënten

- 4 Veggie Protein Steaks
- 3 tbsp olive oil (Amanprana Verde Salud)
- 1 tbsp truffle oil

Ingredients for the red cabbage:

- 60 g coconut oil (Amanprana)
- 1 kg red cabbage
- 1 sweet onion
- 3 apples
- 2 bay leaves
- 2 tbsp vinegar
- 2 cloves
- 2 tsp coconut blossom sugar (Amanprana Gula Java Brut)
- 1 tsp fleur de sel (Amanprana)

- 1 pinch of pepper
- 1 glass redcurrant jelly
- 125 ml water
- 1 tbsp corn starch

Ingredients for the tempura batter:

- 1 cup corn starch
- 1 cup wheat flour
- 1 tbsp truffle oil
- 1 tsp fleur de sel (Amanprana)
- A pinch of pepper
- 1 tsp herb mix (Amanprana Orac Botanico herb mix)
- Water as needed

Bereiding

1. Cut the seitan steaks into smaller, fillet-size pieces.
2. Add a generous dash of olive oil to a pan and fry the seitan on both sides until it is crispy together with the herbs and some fleur de sel and pepper.
3. Then add some truffle oil and leave to cool.
4. Remove the outside leaves of the red cabbage and wash it.
5. Cut into four, dispose of the stalk and cut or shave the cabbage very thinly.
6. Peel and cube the onion.
7. Peel the apples, remove the cores, and cube them. Melt some coconut oil in a pan and dry the onion, then add the red cabbage, the apples, the bay leaves, cloves, fleur de sel, coconut blossom sugar, vinegar, redcurrant jelly and some water and simmer for about two hours.
8. Mix the flour with a little water and add to bind the red cabbage. Season the dish with a little vinegar, pepper and salt.
9. Mix all the dry ingredients together and gradually add cold water and mix by hand until you have a thick but liquid batter.
10. Place in a bowl and add pieces of seitan filet one at a time, mixing in by hand until the seitan is well covered by the batter, then fry the battered seitan in coconut oil until the batter is golden brown.
11. Keep in a warm place and cut into portions just before serving.
12. Then serve together with the red cabbage and, if desired, baked potatoes or rice. Enjoy!