



**Recept geschikt voor:** 4 personen | **Moeilijkheid:** 🍳  
**Vorbereidingstijd:** 20 min | **Bereidingstijd:** min | **Totale bereiding:** 20 min

**Bertyn producten:** [Veggie Protein Bloc - Spelt](#)

Bron: [bertyn.eu](http://bertyn.eu) | Chef: [Chantal Voets](#) | © Chantal Voets

# Vegetarian Stew Recipe for Flemish Stew

## Ingrediënten

- 1 pack Veggie Protein Bloc - Spelt (550 g) save the seitan gravy
- a dash of [coconut, olive and red palm oil from Amanprana](#)
- 1 bottle of brown ale
- 1 onion
- 10 dried plums
- 1 tbsp crema di Balsamico Thyme (a few twigs)
- 2 laurel leaves
- 3 tbsp flour Handful of raisins
- 2 tbsp [Gula Java coconut blossom sugar from Amanprana](#)

- Pinch of cayenne pepper

## Bereiding

1. Cut or tear the block of seitan into pieces and cut the onion into thin rings.
2. Stew the onion in a bit of coconut, olive, red palm oil.
3. Then add the pieces of seitan.
4. Sprinkle the flour on top. Add the ale and the gravy from the seitan.
5. Next, add the plums, raisins, coconut blossom sugar, crema di balsamico, thyme, laurel and cayenne pepper.
6. Let it boil gently.
7. When the sauce has the desired consistency, take everything off the heat.
8. Tastes great with boiled potatoes! Or healthy fries.