



UNIT 9 - Recipe 16

Vegan Roulade

for 2 Persons

Quantity / Ingredients

250 g Seitan-Fix
175 ml vegetable stock
50 ml beetroot juice
2 tbsp soy sauce
250 g black beans
1 tsp mustard, medium hot
2 tsp garlic powder
50 g onions, in strips
1 tsp salt
40 ml rapeseed oil

Sauce:

2x30 g vegan bacon (alternatively: dried
celery with smoked paprika)
2x1/2 cucumber
2 g mustard
40 g shallots

Preparation:

- Place all ingredients except seitan in a blender. Then knead in a bowl with seitan. Keep folding the seitan inwards for tension, leave to rest for 30 minutes.
- Shape into 6 flat pieces. Then roll out. Brush the roulades individually with mustard, steam the onion strips and place on the roulades, cover with vegan bacon slices and roll up. Hold together with toothpicks.
- Steam for 30-40 minutes, then fry in a pan.
- Then make the vegan sauce and braise together in the oven for 60 minutes.
- Serve with mashed potatoes.





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