

# Wholesome Recipes

## from the **Amazing Wheat Book**

by *LeArta Moulton*

---



### **MAKING WHEAT MEAT**

*made from whole wheat flour*

Stir together (takes about 20 stirs)

12 C whole wheat flour

7 C water (or enough to barely moisten all the flour particles)

The dough should resemble a bread-like dough before being kneaded. Set this mixture aside for 20 minutes or longer.

The next step, (one you do not have to do when using Commercial Gluten Flour) is the rinsing process.

Add double the amount of flour to the amount of water you put in bowl (12 cups flour to 6 cups cool water.) Mix with kneading arm. The consistency should be like bread dough and pull away from the sides of the bowl. If it does not, add more flour. Mix 5-10 min. Now it is ready for the rinsing process.

### **RINSING PROCESS**

To separate the gluten from other products in the wheat flour which has been stirred or kneaded.

Add a small amount of clear water to bowl of rested dough. Work and squeeze with your hands to loosen the dough (only a few seconds). When the water takes on a milky appearance and you see specks of bran, pour this water off, holding bulk of the dough back with your hands. In a sink, place this dough in a colander (plastic best) with another bowl placed underneath the colander to catch any of the gluten that slips through the holes. Under a tap of slowly running lukewarm water, work and squeeze the dough with your hands until the gluten starts to hold together and the liquid coming from the dough is clear. It is not necessary to rinse out all of the bran from the gluten. In about 3 minutes or longer you should have a ball of elastic-like dough. This is the Raw Gluten.

**Note:** The dough becomes slightly stringy and falls apart easily just before it starts holding, so don't give up too soon, but if within 10 min. the gluten does not start holding together, it needed one of the following: More resting time, less water mixed with flour to make the dough, flour with higher protein content. Don't throw it away, try again! Add more flour to the, mixture and let rest again, only longer - 1-4 hrs., or even overnight.

### **Helpful Tips:**

Once a small amount of gluten starts holding together, you will find the rest of the gluten clings to it, so, as quickly as possible get a small ball of gluten started. You may want to work a small amount in your hands at first. How soon the gluten cells start holding together is determined by the protein quality of the wheat flour used, or how often the clear water is allowed to run through the dough.

# Wholesome Recipes

## from the **Amazing Wheat Book**

by *LeArta Moulton*

---



### **To Cook:**

Place the Raw Gluten in any steaming device, sprayed first with a cooking spray. Any vegetable steamer, rice cooker etc. will work. Steam the Raw Gluten until it is firm, about 20 to 30 min. When cooked you can slice it thin for a chipped beef effect, thick for a salisbury steak, grind it in a hand food grinder or food processor for a hamburger effect, or cut into cubes for a beef stew.

For hundreds of recipes and instant seasonings mixes see The Amazing Wheat Book. The following is a recipe to get you started:

Hamburger patties or Wheat Balls:

Basic Recipe

A preparation to make Baked Gluten pieces or patties to take the place of cooked ground meat

2 C Ground Gluten

2 eggs

2 T flour

2 T olive oil

2 tsp sausage, poultry seasoning, etc. (pages 92-101 in the Amazing Wheat Book) or commercial seasonings without added preservatives

2 tsp fresh or dried minced onion

In a mixing bowl, mix all ingredients except gluten. (I like to use an electric mixer.) Stir in Ground Gluten and mix well.

Spread out on cookie sheet coated with a non-stick cooking spray.

Bake at 350° until firm, about 20 to 30 min. Let cool and chop fine, break into pieces or score into squares for burgers. Store in closed containers in fridge or freezer until ready to use.

Yield: 30 small 1 inch pieces, or 10 larger 3 inch square pieces

**Hint:** For a darker colored product (to look more like hamburger), add 1 tsp Kitchen Bouquet or 1 tablespoon carob powder..

Basic Meatball or Burger Recipe

2 C Ground Gluten

3 T finely minced onion or 1 T dry minced onion

1 T sausage seasoning, chicken (page 95), or seasoning of your choice.

2 T flour

1-2 eggs, beaten

2 T oil (olive best)

salt and pepper to taste

Mix ingredients together and form into balls. Bake at 350° on cookie sheet sprayed with non-stick cooking spray 20-30 min. or until firm.

### **For Burgers:**

Mix ingredients together and form into patty shape. Brown in oiled skillet.

If desired, patties may be dipped in egg or breaded first before browning.

Serve plain or topped with gravy or sauce.

# Wholesome Recipes

## from the **Amazing Wheat Book**

by *LeArta Moulton*

---



### **Variations:**

Add to the basic Gluten Meat Ball or Burger recipe any of the following:

- 1 C cooked brown rice
- 1/2 C chopped mushrooms (canned)
- 2 tsp Worcestershire sauce (for flavor and a darker color)

Once the balls are baked, serve with a variety of sauces and gravies. (Try a Sweet and Sour, Spicy Tomato, Enchilada Sauce or a Creamy Mushroom.) Add to soups spaghetti, cheese, or other casserole dishes

### **Basic Sausage or Mock Beef Seasoning Mix**

A versatile, unique blend used for a sausage flavor as well as a substitute for beef flavor.

- 3/4 C each salt and sage
- 1/4 C each: ground rosemary, thyme, marjoram, basil
- 2 T each: cayenne and garlic powder
- 2 tsp black pepper
- 3 T dry minced onion

Combine together and store in labeled container. Makes 2 1/2 cups.

### **CHICKEN SEASONING MIX**

A mild blend of herbs that give gluten a chicken-like flavor.

- 9 T onion powder
- 8 T salt
- 7 T garlic powder
- 5 T plus 1 teaspoon onion salt
- 2 T plus 2 teaspoons nutritional yeast
- 1 teaspoon white pepper
- 1/2 teaspoon each parsley powder, celery salt, and turmeric

Mix together and place in container with lid.

# Wholesome Recipes

## from the **Amazing Wheat Book**

by *LeArta Moulton*

---



### **USING COMMERCIAL GLUTEN FLOUR** to make Wheat Meat

Commercial Gluten Flour, (found in health stores or bulk buying outlets and called Vital Gluten) produces instant gluten when water is added to it. To give this type of Raw Gluten a more tender texture, add any bean or whole grain flour (commercial or home ground) to the gluten flour before stirring in the liquid.

Mix together thoroughly:

2 C Gluten Flour

1/3 C flour (soy, whole wheat, rice, etc.)

3 T seasoning

1 T carob powder (optional, used for a darker color when substituting a hamburger product. This is not needed when using a chicken flavor)

Add:

2 1/4 C water

Stir liquid into flours (takes only about 10 stirs) and you will have Raw Gluten. Work and squeeze the dough, for a few minutes, into 4 tight balls until more elastic-like and firm. See above instructions for cooking with a steam process.