

A Study on Preparation of Seitan Products as an Alternative of Meat

Chef. Vishal W Chawre

Assistant Professor, Food Production department, Tuli College of Hotel Management, Nagpur, India

vishalchawre86@gmail.com

Abstract: This chapter consists of experimental study about the seitan *products (vegan meat)* which is a healthy benefit and nutritive alternative of meat product *basically* for vegetarian peoples.

Key Words: *vegan meat, seitan product, vegetarian, experimental study.*

INTRODUCTION:

Seitan is a food made from gluten, the main protein of wheat, wheat meat, gluten meat, vital wheat gluten, or simply gluten. It is made by washing wheat flour dough with water until all the starch granules have been removed, leaving behind the sticky, insoluble gluten as an elastic mass, which is then cooked and eaten. Vegan food (seitan food) has many benefits for the environment, human health, and animal welfare, it is a significant lifestyle change that requires careful consideration and adjustment.

LITERATURE REVIEW:

Methods to cook seitan

Seitan can be baked, steamed, or boiled, which will all result in different textures.

Steam: steaming creates a fluffy upward push that has bubbles and aeration of the gluten. It's more dense than simmered seitan and no longer as juicy – it's appropriate for searing or stir frying. Steaming is likewise slightly quicker than simmering.

Simmer: Simmering offers you a fluffy rise and masses of aeration of the gluten. It also has the brought bonus of adding taste to the seitan due to the fact you could season your broth. While you're simmering, be cautious now not to let it come to a boil as it gets overly puffy and loses the meaty texture you're looking for.

Deep fry: Deep frying offers you golden puffs which are airy and have a clean texture while you prepare dinner. (1)

Health benefits of accepting Vegan Meat:

- 1) Planning for Weight loss by vegan diet.
- 2) A vegan diet helps to protect us from type 2 diabetes & heart health.
- 3) Vegan diets tend to have more fibre, beneficial plant compounds, and antioxidants.
- 4) Vegan meat also richer in magnesium, folate, potassium, and vitamins like vitamin A, vitamin C, vitamin E. A vegan diet is higher in iron. A properly planned vegan diet helps to get riboflavin (vitamin b2) vitamin D calcium, iodine, zinc, vitamin b12. (2)

Barriers to accepting plant-based meat:

Lack of information is often cited as a barrier to the adoption of a Seitan vegan meat diet. To address this barrier, it is important to provide education and resources to help people learn about seitan vegan food diets. This can include providing information on the health benefits of plant-based eating, tips on how to prepare plant-based meals, and resources for finding plant-based options in grocery stores and restaurants. Community-based programs, cooking classes, and online resources can also be helpful in providing support and guidance for those interested in adopting a plant-based diet. (3)

Food trials of seitan vegan meat

Making of Seitan meat-

Sr. No.	INGREDIENTS	QUANTITY
1	Wheat Flour	1 kg
2	Cold water	2 cups
3	Normal water	For kneading the dough

Method

1. In a bowl take wheat flour.
2. Add water gradually to make a soft dough and knead well for 5 min.
3. Now place the dough in a bowl and add cold water into it, give rest for 30 - min.
4. Now start to wash the dough with water and starch starts to remove and gluten will stay.
5. Wash it 3 - 4 times or till water comes clear
6. In a pot, heat water and bring to a boil and simmer the gas.
7. Place the formed gluten into simmer water, and simmer for about 40 - 45 min
8. remove from water and cool till it's get on room temperature by using this seitan meat, prepare 3 types of vegetarian dishes like

seitan keema masala





seitan tandoori tikka



seitan keema masala



-pan fired seitan kabab

MATERIALS: All food products used for making dishes like wheat flour, spices, herbs and condiments

METHOD: Research methodology is the systematic, experimental analysis of the methods applied to a field of study or research work. It acts as the nerve center because the entire research work is bounded by it. In other word it is the way of searching or solving the research problem. The section represents an overview of the methods used in study. Areas covered here include Research Design, Sample (dish preparing)& Sampling Techniques, Population, Data Collection and Analysis

RESULT AND DISCUSSION:

Feed back taken from participants and consolidated the data as per food trail tasting

Dr. Urvashi Yashroy (DIRECTOR OF TULICOLLEGE OF HOTEL MANAGEMENT NAGPUR)							
Recipe Name	<u>Average</u>	Mouth feel	Texture	Taste	Eye appeal	Colour	Overall Acceptability
Seitan Keema Masala	4. 67	5	5	4	4	5	5
Seitan Tikka	3. 67	4	4	4	3	3	4
Seitan Masala	5	5	5	5	5	5	5
Seitan Kebab	3.5	3	3	4	3	4	4

Table-1

Dr. Urvashi Yashroy

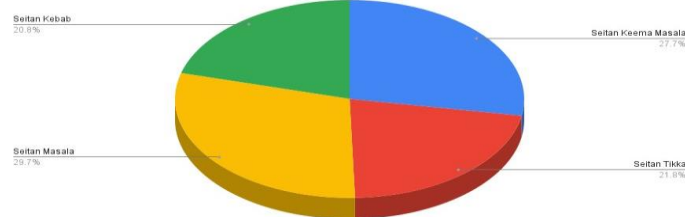


Figure-1

Ms. Dewal Yelne (LECTURER TCHM-NAGPUR)							
Recipe Name	<u>Average</u>	Mouth feel	Texture	Taste	Eye appeal	Colour	Overall Acceptability
Seitan Keema Masala	3.83	3	4	4	4	4	4
Seitan Tikka	2.17	3	2	2	2	2	2
Seitan Masala	3.83	4	4	4	4	3	4
Seitan Kebab	2.83	3	3	3	3	2	3

Table-2

Figure-2

Ms. Vipula Soni (ASST. PROF – TCHM NGP)							
Recipe Name	<u>Avg</u>	Mouth feel	Textur e	Tast e	Eye appeal	Colour	Overall Acceptability
Seitan Keema Masala	3.83	4	3	4	4	4	4
Seitan Tikka	3.17	4	3	3	3	3	3
Seitan Masala	4.17	5	5	4	4	3	4
Seitan Kebab	3.83	5	4	4	3	3	4

Table-3

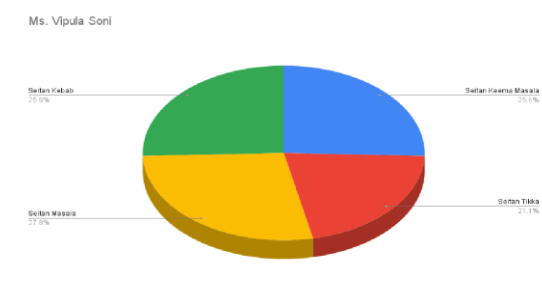


Figure-3

ANALYSIS:

The flavours and the taste can be improved by adding ingredients to it so it can be accepted by everyone with different tastes. Some people like the taste and texture of seitan product and but some of them are not.

FINDINGS: taste and texture of seitan Product is very similar to meat product.

RECOMMENDATIONS:

- 1) little chewy while eating, best food for diet people.
- 2) need for marination for seitan tandoor tikka
- 3) taste will enhance adding chaat masala
- 4) very tasty and healthy option for vegetarians.

CONCLUSION:

Overall, vegan meat offers a promising solution for those seeking a sustainable and ethical alternative to traditional meat products. By incorporating vegan meat into their diet, individuals can contribute to a healthier, more sustainable, and compassionate food system, benefiting both themselves and the planet.

REFERENCES:

Website:-

- (1) Stephanie. (2023, March 16). <https://iamafoodblog.com/seitan/>
- (2) Petre, A. (2022, March 30). <https://www.healthline.com/nutrition/vegan-diet-benefits#get-more-nutrients>
- (3) E J Lea, D. C. (2006, February 1). <https://www.nature.com/articles/1602387>