

○ ***Gulash:***

- First cut about 5 kilo of seitan into small cubes and put into a soy water marinade with 1 handful of dry basil for about 30 minutes at least.
- After this fry the seitan cubes in a large pot with a little oil so the cubes will be browned.
- Put in another pot:
  - 1/2 cup of canola oil
  - 6 liter of cut onion, and fry them for about 4 minutes, and then add:
  - 1/2 a small salad box of minced garlic and fry, and then add
  - 10 liters of cut mushrooms together with
  - 4 liters of green onions cut small
  - 2 cups of the soy-water mixture used for the seitan. Fry.:
  - Mix well 2 more cups of the soy water mixture together with 1 cup of cornflour, and then add to pot, and add while the fire is still on with constant stirring of the ingredients (otherwise it can burn):
  - The fried seitan cubes
  - 1 cup of sweet paprika
  - 2 liters of cooking cream (the one without sugar)
  - 1/2 cup of meat spices
  - 2 cup of tomato paste
  - 1/2 cup of yeast powder
  - 1/2 cup of soup powder
  - 2 flat tablespoons of hot pepper powder
  - Mix and taste