

Beef Stroganoff:

Strips of seitan, fried, served in mushroom sauce:

1. Setain: Cut into strips, marinate in soy sauce, and fry.
2. Mushroom Gravy (use up to 1/2 cup of white wine instead of the water in the recipe below and use mushroom soup powder in addition):

Mushroom Gravy

6 tablespoons of extra-virgin [olive oil](#) ^[4]

2 cups of onion, finely chopped

2 cups finely chopped mushrooms (we use shitake and crimini, or whatever is in the fridge)

1/2 cup brown rice flour

2 cups water

1/2 cup wheat-free tamari or [coconut aminos](#) ^[5]

1 1/2 teaspoons dried thyme (if we have it)

1 1/2 teaspoons dried rosemary

Preheat your best frying pan and saute onion and mushrooms (in 3 tbsp of oil) until softened. Yes, I said *preheat* your frying pan! We preheat our ovens, why wouldn't we preheat our pans?

In a medium saucepan, heat the remaining oil and saute the rice flour over low heat to make a roux (a fancy word for thickens).

Stir in 2 cups of water, the tamari, the herbs, and mix well.

Bring to a boil and simmer until gravy is thickened and smooth – about 10 minutes.

Stir in the onion-mushroom mixture and cook over low heat until warmed through. If the gravy is too thick, add water 1 tbsp at a time.

You might want to use your immersion blender to puree the gravy, depending on how good you are at chopping finely (and on that note, we often use our food processor to chop the onions and mushrooms).