

red wine and herb marinated seitan w/ wild rice risotto

2 packages seitan, cut into pieces  
3 cloves garlic, chopped  
2 large shallots, chopped  
1 cup red wine  
¼ cup tamari  
1 cup wild rice (cooked)  
1 cup arborio rice  
2 cups sliced cremini mushrooms  
red onion, sliced  
6-8 cups of broth (veggie or no-chicken stock)  
fresh rosemary  
fresh tarragon  
fresh flat leaf parsley  
olive oil  
salt and pepper

place 2 cloves chopped garlic, 1 shallot and a handful of rosemary and tarragon in a large plastic bag, with your seitan, ½ cup red wine and tamari. add a sprinkle of salt and pepper and set in the fridge to marinate for a few hours..

the risotto takes the longest to make so you want to start that next. in a medium saucepan heat your broth and keep it warm. in a skillet, saute sliced mushrooms until they are tender and brown. set to the side. in another saucepan saute your garlic and the remaining shallot in olive oil. once the shallot is translucent add your arborio rice and saute for approximately 3-5 minutes. add 1/2 cup of red wine until it evaporates. you can now begin to add your warm broth, 1 ladle full at a time. stir the rice until the liquid is gone and add another ladle full. you will continue this process until the rice has become thick and creamy. once the rice is cooked, add in your cooked wild rice and the cooked mushrooms. add salt and pepper to your liking.

heat a skillet with 1 tbsp olive oil. add 2 cups sliced red onion. fry until the edges begin to brown. then add your seitan as well as the marinade. fry the seitan pieces until they are browned a bit on each side.

serve on top of the risotto. sprinkle some chopped fresh flat leaf parsley for color and taste. a sprinkle of salt and pepper.