

Vegan Roast Beef

This vegan roast beef is a perfect main course to serve with mashed potatoes and baked vegetables. Served the next day it becomes even more delicious as the texture becomes more "meaty".

Prep Time	Cook Time	Total Time
35 mins	1 hr 30 mins	2 hrs 5 mins



4.89 from 187 votes

Course: Main Course Cuisine: Italian

Keyword: roast, roastbeef, seitan Servings: 6 Calories: 263kcal

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Ingredients

- 250 g vital wheat gluten
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- ½ tablespoon smoked paprika
- 1 teaspoon black pepper
- 2 teaspoons salt
- 150 g raw beetroot blended with 250 ml (1 cup) of water
- 5 tablespoons mustard
- 1 tablespoon maple syrup
- 3 tablespoons tahini peanut butter or olive oil work too
- 300 ml white wine
- 250 ml vegetable broth
- 1 onion halved
- 1 carrot peeled and chopped
- 2 garlic cloves
- 2 springs rosemary
- 2 teaspoons thyme
- 4 tablespoons vegetable oil for frying

Instructions

1. Add vital wheat gluten along with all the spices up to and including salt in a food processor and mix briefly.
2. Add the blended beetroot, 1 tablespoon of mustard, tahini and maple syrup and pulse until a dough is formed. Knead the dough for 3-4 minutes until it gets firm and not sticky. If it's sticky add a little vital wheat gluten and keep kneading.
3. Form the dough into a log. Heat a large frying pan with a little oil, brush the roast with the remaining mustard and fry briefly on all sides. Add white wine, broth, onion, carrots, garlic cloves, rosemary and thyme and simmer on low heat with the lid half closed for 90 minutes. Add a little broth from time to time if necessary and flip the roast 2-3 times.
4. Once the roast is cooked, heat a large frying pan with a little oil and fry the roast on all sides for 3 minutes until it forms a crust. Cut the roast into thin slices and serve immediately.

5. Blend the vegetables and the remaining broth and use as gravy. Add a splash of water if needed.**
6. If you want to achieve a "meatier" texture, you can let the roast rest in the fridge for one night and reheat it briefly in the oven the next day.