

Seitan and grilled finferli mushrooms with tomato juice reduction



Preparation time: 25 min

Difficulty: Medium

Ingredients

- Black pepper: to taste
- Extra-virgin olive oil: to taste
- Large finferli mushrooms: 4
- Salt: to taste
- Seitan: 8 slices
- Vegetable broth: to taste
- Whole grain spelt flour: to taste

For this recipe we used:

Tomato Juice to taste



Preparation

Roll the seitan slices in flour and sauté them in the pan, 2 minutes per side, in warm oil, adding salt and pepper. Then add one ladleful of vegetable broth and cook for 5 minutes until a sauce is formed. After this, clean the finferli mushrooms and cut them in two so to obtain 8 parts. Grill the finferli mushrooms on a griddle or alternatively in a pan, then add salt and pepper.

On a baking tray form small "towers" layering the ingredients as follows: seitan, finferli, seitan, finferli.

Bake the "turrets" in the oven for about five minutes at 170 C (340F). Meanwhile, bring to a boil a cup of **Pomi Tomato Juice**: once boiling turn off the heat and salt and pepper. In a separate bowl, dissolve 10 grams of potato starch in two fingers of cold water. Let the potato starch dissolve well and then pour it into the tomato juice until a cream is formed. If the result is not sufficiently dense, gradually add some more starch. Place the seitan and finferli "towers" on each plate with the tomato juice reduction.