

# Seitan Bourguignonne

Heat the oil or butter in a frying pan and sauté onions over low heat for 5 minutes. Add mushrooms and sauté together briefly, then add seitan and brown lightly. Sprinkle with flour or arrowroot and toss to coat evenly and roast slightly. Add shoyu, pepper, herbs, and wine mixture to just cover the seitan. Stir gently then simmer, covered, for 20-30 minutes.

Cook the noodles according to the directions on the package. After rinsing and draining, divide noodles and place them in individual serving bowls. Cover with a generous portion of Bourguignonne and garnish with parsley.

## Preparation List:

### Serves 3

- 1 tablespoon sesame oil or butter
- 1 large onion, thinly sliced
- 8-10 mushrooms, sliced
- 1 ½ cups seitan, sliced
- 1 ½ tablespoons whole wheat flour or arrowroot powder
- 1 tablespoon shoyu
- pinch of white pepper
- ½ bay leaf
- ½ teaspoon thyme
- 1 cup dry red wine mixed with 1/3 cup water
- 6 ounces egg noodles
- minced parsley for garnish