**Wheat Meat Recipe**



9 C. whole wheat flour

4 ½ C. tap water

Mix flour with water in a kitchenaid or other mixer and knead on low speed for 10 minutes. Allow to rest for 20-30 minutes. Pour additional tap water over the rested wheat mixture. Place your hands in the water and squeeze the dough until the water is white and starchy. Pour off the water and add more water and continue to squeeze the dough. Continue this practice until the bran and starch is removed and the water is clear.

Allow gluten to rest 10 minutes.

Press out gluten to a ½” thickness on a greased cookie sheet and bake at 350 degrees for 15 minutes.

Remove from cookie sheet and fold to fit into a large bag. Close bag and allow gluten to cool. This will soften the rough texture.

Tear cooled gluten into large pieces. Working in small batches, grind gluten by processing it in a food processor. This can also be done by using a hand or electric grinder. Gluten is now ready to season and use as you would hamburger.

**Basic Seasoned Wheat Meat**

Serves 4

2 C. ground gluten

3 T. dried minced onion

1 T. seasoning mix of your choice (Spicy Montreal Steak Seasoning)

2 T. wheat flour

2 eggs

3 T. oil

½ tsp. salt or garlic salt

½ tsp. ground pepper

¼ tsp. red pepper flakes, optional

Combine all ingredients. Mix well. Use in the variation desired.

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