



Seitan and grilled finferli mushrooms with tomato juice reduction



Time: 25 min.

Difficulty: Medium

Ingredients (4 people)

• Ingredients

- Tomato Juice 750ml to taste
- Black pepper q.b.
- Extra-virgin olive oil q.b.
- Large finferli mushrooms 4
- Salt to taste
- Seitan 8 slices
- Vegetable broth q.b.
- Whole grain spelt flour q.b.

For this recipe we used:



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 **Pomì 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.