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4.58 · Rating details · 45 ratings · 1 review *Please note: This cookbook is TEXT-ONLY* Many people who embrace a plant-based or vegan diet do so for ethical reasons and not because they dislike the flavor and texture of meat.

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Seitan and Beyond Cookbook - The Gentle Chef

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Seitan, another name for wheat gluten, is not gluten-free. Seitan (pronounced say-tann) is made by washing wheat flour dough until all the starch is removed and only the gluten protein remains. The protein is then cooked and served, often as a meat substitute in vegetarian and vegan dishes.

Is Seitan Gluten-Free? | BeyondCeliac.org

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