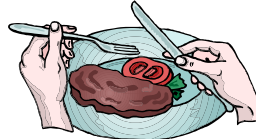


Vegetarian Gluten Veal Cutlet

Ingredients:

- 3 ½ c. gluten flour
- ½ c. whole wheat flour
- ½ c. soy flour
- ½ c. yeast flakes
- ½ c. flax meal
- 1 T. McKay's Chicken Seasoning
- 1 T. granulated garlic powder
- 1 T. onion powder
- 2 T. savory or Italian herb seasoning
- 3 ½ c. cold water
- ¼ c. Bragg or soy sauce



Mix water and Bragg in a bowl and set aside. Mix the dry ingredients together thoroughly. Add the water and Bragg mixture and quickly shape into two elongated rolls. Slightly oil the two rolls and wrap in saran wrap. Refrigerate for several hours or overnight.

Broth:

- 12 c. water
- ½ c. Bragg
- 1 c. chopped onions
- 1 ½ c. chopped celery
- 6 cloves of fresh minced garlic
- 1 T. McKay's Chicken seasoning
- ½ c. yeast flakes

Mix together and simmer in a large pot on the stove. Turn on oven to 300 degrees.

Cutlets:

Spray a cookie sheet with spray oil. Cut small amounts of the gluten from the roll. Use cold water to keep the gluten from sticking to your working surface. Flatten the gluten pieces with a rolling pin to the shape you desire – the thinner the nicer your veal cutlet. Place the cutlets side by side on a cookie sheet and bake for 8 – 10 minutes at 300 degrees. Remove the cutlets from the cookie sheet with a flipper or spatula and place into the simmering broth. Cook gently in the broth for one hour. Cutlets can be made ahead and frozen or refrigerated until you want to use the.

Veal cutlets:

Dip the cutlet in the broth, to make them wet, and then dip into whole wheat flour until well coated. Dip it in soy milk, to make wet, then into seasoned bread crumbs until well coated. Fry in a non stick frying pan. You may also bake them until they are heated and a bit crispy.

Serve with you favorite gravy and cranberry sauce. Enjoy!