

Recipes

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This stew recipe is from Vince Long, a teacher at Senior High, who has been a vegetarian for 20 years.

GOULASH STEW

- 1 onion, chopped
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 2 carrots, peeled and chopped
- 4 fresh tomatoes, skinned and chopped
- 3 cups vegetable broth
- 2-3 tsp. paprika
- 2 potatoes, cooked and cubed
- 1 tsp. caraway seed

Gluten, pre-cooked and cubed (see recipe)

Noodle dough, pinched (see recipe)

Saute onion and celery until they start to soften. Add garlic and carrots and saute until almost tender. Add gluten, paprika and broth. Simmer for 30 minutes.

Add potatoes, caraway seeds and enough water to cover. Add the noodles. Cover and cook until noodles are tender.

GLUTEN

- 1-1/2 cups gluten flour (sometimes called vital wheat gluten)
 - 1 tsp. minute tapioca
 - 1-1/2 cups water
- Mix gluten flour, tapioca and water in mixer and beat/knead for 1

Makes 30 appetizers.

to 2 minutes. Place in a pie plate or similar container and microwave on high for 6 minutes.

Turn it over and microwave for another 3 to 4 minutes. It should be firm, but not hard.

NOODLES

- 1 cup all-purpose flour
 - 1/2 tsp. salt
 - 1 tsp. vegetable oil
 - About 1/2 to 3/4 cup of water
- Mix flour, salt, oil and water

until it forms a smooth ball. Knead lightly. Flour heavily and break off small, flat pieces about the size of a quarter. Place pieces on a floured plate and continue to flour them to keep them from sticking.

Sift out the flour before adding to the stew.

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