

Guan Chang - Vegetarian

Guan chang, or filled sausage, has been a popular snack in Beijing since the Ming Dynasty (1368-1644). The sausage is made with starch or flour, and mixed with spices. It is boiled and then cut into cubes or slices and fried. It can also be made with ground meat.

Materials	Metric	US
Potato flour	600 g	1.32 lb
Water	400 ml	13.3 oz fl

Ingredients per 1000g (1 kg) of materials

Salt	6 g	1 tsp
Sugar	30 g	2 Tbsp 1 Tbsp
Rice wine, sweet	15 ml	1 Tbsp
Soy sauce	15 ml	
Cinnamon	1.0 g	1/2 tsp
Ginger, powdered	0.5 g	1/4 tsp
Cardamom	0.5 g	1/4 tsp

Instructions

1. Mix all ingredients with warm water.
2. Start slowly adding water and keep on kneading until a soft dough is obtained.
3. Stuff into 32 mm clear fibrous casings.
4. Place in a boiling water and cook at 80° C (176° F) for 30 minutes.
5. Refrigerate.
6. To serve cut the sausage into cubes or slices and fry.