

Vegetarian Barley Sausage



Materials	Metric	US
Cooked barley	650 g	1.43 lb
Soy-beet emulsion (1:4:5)*	100 g	3.5 oz
Textured vegetable protein (TVP)	30 g	1 oz
Beet juice for TVP	90 ml	3 oz fl
Vital wheat gluten	50 g	1.76 oz
Potato starch	15 g	0.52 oz
Guar gum	5 g	0.17 oz
Carrageenan	10 g	0.35 oz
Salt	5 g	0.17 oz
Pepper	4 g	0.14 oz
Onion powder	10 g	0.35 oz
Marjoram	2 g	0.07 oz
Oregano	2 g	0.07 oz
Allspice	2 g	0.07 oz

Instructions

1. Cook barley in water for about 20 minutes. Use 1 part barley to 2.1 parts of water.
2. * make standard emulsion using beet juice instead of water.
3. Rehydrate TVP in beet juice instead of water.
4. Vital wheat gluten flour may be replaced with potato flour.
5. Mix barley, soy-beet emulsion, soaked TVP with spices together. Lastly, add starch, guar and carrageenan and mix all together.
6. Stuff hard into 38 mm casing.
7. Cook in 176-185° F (80-85° C) water for 20 minutes.
8. Place sausages in cold water for 5 minutes. Remove and let them cool.

Notes

* to make emulsion use given ratio (by weight) of soy protein isolate : vegetable oil : water (or other liquid). Using a manual whisk or electric blender mix soy protein isolate with water first until a smooth paste is obtained. Then start gradually adding oil until mayonnaise-like emulsion is obtained. More about [emulsions](#). 100 g soy protein emulsion = 10 soy protein isolate : 40 g oil : 50 g water