

Vegetarian Bean Sausage



| Materials | Metric | US |
|----------------------|--------|---------|
| Cooked beans | 500 g | 1.10 lb |
| Wheat gluten | 250 g | 0.55 lb |
| Potato flour | 60 g | 2.11 oz |
| Soy emulsion (1:4:5) | 100 g | 3.5 oz |
| Potato starch | 25 g | 0.88 oz |
| Guar gum | 10 g | 0.35 oz |
| Carrageenan | 10 g | 0.35 oz |
| Salt | 12 g | 0.42 oz |
| Pepper | 2 g | 0.07 oz |
| Paprika | 4 g | 0.14 oz |
| Onion powder | 5 g | 0.17 oz |
| Cumin | 4 g | 0.14 oz |
| Cayenne | 0.5 g | 0.01 oz |
| Water as needed | 100 ml | 3.5 oz |

Instructions

1. Soak beans in water for 4 hours. Drain, then slow cook until tender. Use enough water to cover the beans. You can use canned beans, just wash and drain them. Take a masher and mash them.
2. Add beans, chopped or ground wheat gluten, soy emulsion, spices and 100 ml water into food processor and chop until a paste is obtained. Add starch, guar gum and carrageenan and emulsify.
3. Add potato flour and emulsify.
4. Stuff hard into 38 mm casings.
5. Cook in 176-185° F (80-85° C) water for 20 minutes. 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 g soy protein isolate : 40 g oil : 50 g water