

Vegetarian Cajun Sausage



Materials	Metric	US
Wild rice, boiled	600 g	1.32 lb
Vital wheat gluten flour	80 g	2.82 oz
Soy protein emulsion (1:4:5)*	100 g	3.5 oz
Soy protein isolate	20 g	0.7 oz
Potato starch	10 g	0.35 oz
Guar gum	10 g	0.35 oz
Carrageenan	10 g	0.35 oz
Onion, chopped	50 g	1.76 oz
Celery, finely chopped	50 g	1.76 oz
Red bell pepper, chopped	50 g	1.76 oz
Jalapeno pepper, chopped	30 g	1.5 oz
Parsley, finely chopped	20 g	2 Tbsp
Salt	15 g	0.52 oz
Cracked black pepper	6.0 g	0.21 oz
Dried thyme	2.0 g	0.07 oz
½ bay leaf	crushed	crushed
Hot sauce	15 ml	0.5 oz fl
Water as needed	about 100 ml	3.3 oz fl

Instructions

1. For 1 volume part of wild rice use 2 parts of water. Wild rice needs more cooking time, around 40-50 minutes.
2. Use a mild hot sauce, for example Mexican Cholula Hot sauce.
3. Vital wheat flour may be substituted with potato flour.
4. Save vital wheat gluten flour, starch, guar and carrageenan.
5. Mix rice, soy emulsion, soy protein isolate with all diced vegetables and spices.
6. Add starch, guar, carrageenan and vital wheat gluten flour and mix all together. Add water as needed.
7. Stuff hard into 38 mm casings.
8. Cook in 176-185° F (80-85° C) water for 20 minutes.
9. Place sausages in cold water for 5 minutes.
10. 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

