

Vegetarian Chorizo Sausage



Materials	Metric	US
Wheat gluten	800 g	1.76 lb
Soy protein isolate	30 g	1.05 oz
Soy emulsion	100 g	3.5 oz
Vital wheat gluten flour	60 g	2.1 oz
Guar gum	10 g	0.35 oz
Carrageenan	10 g	0.35 oz
Salt	12 g	0.35 oz
Pepper	2 g	0.07 oz
Smoked paprika (pimentón)	8 g	0.28 oz
Oregano, rubbed	2 g	0.07 oz
Cayenne pepper	0.5 g	0.01 oz
Garlic (2 cloves)	7 g	0.28 oz

Instructions

1. Grind wheat gluten through a small plate.
2. Except gluten flour, guar and carrageenan, mix all ingredients together.
3. Add gluten flour, guar and carrageenan and mix all together.
4. Stuff hard into 38 mm casings.
5. Cook in 176-185° F (80-85° C) water for 20 minutes.
6. Place sausages in cold water for 5 minutes.
7. 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