

Vegetarian Garam Masala Sausage



Aromatic sausage made with rice, apple sauce, cranberries and garam masala spice combination.

Materials	Metric	US
White rice, boiled	600 g	1.32 lb
Flaxseed emulsion (1:2:2)	100 g	3.5 oz
Apple sauce	100 g	3.5 oz
Dry cranberries	100 g	3.5 oz
Sugar	20 g	0.7 oz
Potato starch	15 g	0.52 oz
Guar gum	5 g	0.17 oz
Carrageenan	10 g	0.34 oz
Cinnamon	2 g	0.07 oz
Garam masala spice	10 g	0.34 oz

Instructions

1. Chop cranberries and mix with apple sauce.
2. Mix rice with flaxseed emulsion, add apple sauce, sugar and spices.
3. Add starch, guar, 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 ground flaxseeds : vegetable oil : water (or other liquid). Using a manual whisk or electric blender mix ground flaxseeds 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 flaxseed emulsion = 20 g ground flaxseed : 40 g oil : 40 g water