

Vegetarian Garbanzo Sausage



Materials	Metric	US
Garbanzo flour	300 g	0.66 lb
Tofu, firm	200 g	7 oz
Soy emulsion (1:4:5)*	400 g	0.88 lb
TVP	20 g	0.7 oz
Cracker meal	50 g	1.76 oz
Water for cracker meal and TVP	120 ml	4 oz fl
Potato starch	20 g	0.7 oz
Guar gum	10 g	0.3 oz
Carrageenan	10 g	0.35 oz
Vinegar	50 ml	1.66 oz fl
Salt	10 g	0.35 g
Pepper	4 g	0.14 oz
Garlic powder	5 g	0.17 oz
Nutmeg	0.5 g	0.01 oz

Instructions

1. Blend protein with water first then gradually add oil.
2. Soak cracker meal and TVP in water.
3. Dice jalapenos and cut tofu into 1/8" (3 mm) cubes.
4. Mix pea flour with soy emulsion then add tofu, cracker meal, vinegar, jalapenos and spices.
5. Lastly, add starch, guar and carrageenan and mix everything again.
6. Stuff hard into 38 mm casings.
7. Cook in 176-185° F (80-85° C) water for 20 minutes.
8. Place sausages in cold water for 5 minutes.
9. 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](#). 400 g soy emulsion = 40 g soy protein isolate : 160 ml oil : 200 ml water.