

Vegetarian Italian Sausage



Vegetarian Italian Sausage is made from ground wheat gluten, soy protein, oil and fennel seed.

Materials	Metric	US
Ground wheat gluten	850 g	1.87 lb
Soy protein concentrate or isolate	20 g	0.7 oz
Oil	40 ml	1.3 oz fl
Vital wheat gluten flour	80 g	2.82 oz
Carrageenan	10 g	0.35 oz
Guar gum	5 g	0.17 oz
Salt	12 g	0.42 oz
Cayenne	1.0 g	0.03 oz
Fennel seed, cracked	4.0 g	0.14 oz
Coriander	1.0 g	0.03 oz
Caraway	1.0 g	0.03 oz

Instructions

1. Mix oil with soy protein concentrate to create a paste.
2. Mix all ingredients except gluten flour, carrageenan and guar.
3. Lastly add gluten flour, carrageenan and guar 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.