

Vegetarian Potato Sausage

Potato sausage is a healthy sausage with 140 calories per 100g serving.

Materials	Metric	US
boiled potatoes	400 g	0.88 lb.
textured vegetable protein	100 g	0.22 lb.
water for TVP	300 g	0.66 lb.
vital wheat gluten	80 g	3 oz
oil emulsion	100 g	0.22 lb.
water	20 g	1 Tbsp

Ingredients per 1000g (1 kg) of materials

salt	10 g	1-1/2 tsp
white pepper	4 g	2 tsp
allspice, ground	2 g	1 tsp
carrageenan	10 g	2 tsp

Instructions

1. Mix boiled potatoes, rehydrated TVP, carrageenan, spices and oil emulsion. Add wheat gluten and remix. Add as much water as necessary for the right texture.
2. Stuff into desired casings (32-36 mm).
3. Cook sausages in water at 176 F (80 C), about 30 minutes.
4. Cool in cold water.
5. Store in refrigerator.

Notes