

# Victor Sausage

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Victor sausage is a healthy sausage with 177 calories per 100g serving.

| Materials                  | Metric | US       |
|----------------------------|--------|----------|
| bread crumbs               | 120 g  | 0.22 lb. |
| water for bread crumbs     | 200 g  | 0.44 lb. |
| textured vegetable protein | 100 g  | 3-1/2 oz |
| water for TVP              | 300 g  | 0.66 lb. |
| oil emulsion*              | 200 g  | 0.44 lb. |
| potato starch              | 25 g   | 5 tsp    |

## Ingredients per 1000g (1 kg) of materials

|                     |       |           |
|---------------------|-------|-----------|
| salt                | 10 g  | 1-1/2 tsp |
| pepper              | 2 g   | 1 tsp     |
| garlic              | 3.5 g | 1 clove   |
| small chopped onion | 50 g  | 1 onion   |
| carrageenan         | 10 g  | 2 tsp     |

## Instructions

1. Soak TVP in water for at least 30 minutes. Soak bread crumbs in water.
2. Mix bread crumbs, TVP, starch, salt, carrageenan and spices.
3. Add oil emulsion and remix everything together.
4. Stuff into 32 mm casings.
5. Cook in water at 176 F (80 C) for 20 minutes.
6. Cool in cold water.
7. Keep refrigerated.

## Notes

\* oil emulsion: soy protein isolate/oil/water at 1:4:5.