

Basic Vegan Sausage

Base:

1 cup beans or tofu, mashed
1 1/4 cups vital wheat gluten
1/4 cup nutritional yeast
pinch of sea salt

Liquid

1 cup vegetable broth, beer, or water
1 tablespoon olive oil

Seasonings:

Italian Sausage:

basil, oregano, garlic, onion powder, fennel

Beer Brat:

liquid smoke, onion powder, garlic powder, pinch of mace

Chipotle Sausage:

adobo sauce, onion, garlic, cumin

Pesto:

basil, lemon, pine nuts

Apple Sausage:

chopped dried apple, sage, thyme (use white beans)



Combine all ingredients in a medium mixing bowl and stir until it forms a dough. Dust a cutting board with a small amount of the vital wheat gluten and knead the dough for 5-10 minutes or until it begins to feel firm and elastic.

Cut the dough into 8 even pieces, roll each piece up in parchment paper and twist the ends to seal. Next take the wrapped sausage and wrap it again in aluminum foil or in a corn husk that is used for steaming tamales. Tie off the ends.

Prepare a large pot with a steamer basket. Place a few inches of water on the bottom of the pan and bring to a boil. Arrange the sausages in the steamer basket, cover and steam on medium heat for 1 hour checking the water level every 20 minutes to add water as needed. If using a pressure cooker decrease your cooking time to 20 minutes.



Test for doneness by unwrapping one of the sausages, the paper should pull away easily and the sausage will be firm when done. Remove from the steam, let cool then use in recipes the same way you would use traditional sausage. Grill it, fry it, crumble it.