

Seitan Sausage

SAUSAGE BASE

1/2 cup cooked white beans, rinsed and drained
1 cup vegetable broth
1 tbsp olive oil or veg butter
2 tbsp soy sauce
1 1/4 cup (160g) vital wheat gluten
1/4 cup (22g) nutritional yeast
3 tbsp chickpea or other flour

SEASONING (vary for different flavours, this is hot Italian)

2 cloves fresh garlic, finely grated
1 1/2 tsp fennel seed, crushed
1 tsp red pepper flakes
1 tsp paprika
1 tsp oregano
1/2 tsp thyme

Mash beans into paste.
Mix all together into a dough ball.
If too wet, add more flour.
Divide dough in half and form into logs.
Wrap in tin foil and twist ends like tootsie roll.
(Optional: line foil with parchment paper)
Place in steamer basket
Steam for 40 minutes or until firm.
Remove, let stand for 5-10 minutes, unwrap.
Serve warm or let cool then freeze in airtight container.

derived from multiple sources including https://www.theppk.com/2012/01/vegan_sausage/ and <https://myquietkitchen.com/vegan-chorizo/>

Revision #1

Created 1 May 2025 02:30:36 by Jesse

Updated 11 December 2025 22:30:37 by Jesse