

Vegetarian Sausage

This recipe has it all: texture, flavor, and tons of nutrients! Even meat eaters will be satisfied by these patties of meaty mushrooms and earthy black beans with umami from fermented chilis and tamari. This versatile recipe can be enjoyed with breakfast, lunch, or dinner.

PREP TIME: 1 hour

COOK TIME: 5 minutes

TOTAL TIME: 1 hour 5 minutes

SPECIAL EQUIPMENT:

KitchenAid® Food Grinder Attachment fitted with the fine grinder plate; Large bowl; KitchenAid® Sausage Stuffer and small Stuffing Tube; KitchenAid® Stand Mixer; Vegetarian/vegan sausage casings

INGREDIENTS:

4 cups (350g) crimini mushrooms, chopped
2 cups (175g) shiitake mushrooms, chopped
1 yellow onion (160g), chopped
3 garlic cloves (12-15g), peeled
1 150oz/425g can black beans, drained and rinsed
2 tablespoons (30ml) olive oil
1 tablespoon (3g) dried oregano
½ teaspoon (1g) smoked paprika
1 teaspoon (2g) kosher salt
½ teaspoon (1g) black pepper
1 tablespoon (15ml) tamari or soy sauce
1 cup (125g) dried breadcrumbs
⅓ cup (15g) parsley, chopped
½ tablespoon (8g) sambal
1 tablespoon (14g) tomato paste
1 whole egg
Vegan or vegetarian casings (see Chef's Notes)

INSTRUCTIONS:

Heat the olive oil in a large skillet over medium high heat and add the onions and garlic. Cook until almost soft, then add the mushrooms and sauté until golden brown and the liquid has evaporated, stirring often, about 10-15 minutes. Add the tomato paste, tamari, paprika, sambal, oregano, salt and pepper and stir well. Cook for 5 more minutes, then remove from heat and cool completely.

Combine the sautéed mushrooms and onions, beans, whole egg, breadcrumbs and parsley in a large bowl. Use your hands or a spatula to mix all ingredients together. Attach the KitchenAid® Food Grinder Attachment fitted with the fine grinding plate and set a bowl underneath the grinder. Place the mixture into the large food tray and use the food pusher to feed the mixture through the grinder. Taste and adjust seasoning if necessary.

Attach the sausage stuffer fitted with the small stuffing tube to the mixer and place a baking sheet underneath the stuffer to catch the sausage as it is stuffed. Grease the tube with a little olive oil or water, and slide the casings on tightly. (Vegetarian casings are fragile, so take care to be gentle and stuff them carefully.) Tie off the end and pierce it with a knife tip or kitchen pick with a tip the size of a small pin.

Turn the mixer to speed 4 and slowly feed the mixture into the hopper using the food pusher. Hold the tied end of the casing in one hand and guide the vegetable sausage mixture as it fills up. Do not pack the casing too tightly. Once all of the filling has been stuffed, coil the entire length of sausage. Then, twist and shape individual sausages into 4 inch links. Keep cold.

To cook: Heat a skillet over low heat and gently place the vegetarian sausage in the pan. No oil is needed. Raise the heat to medium very slowly as to not burst the sausage. Turn to brown on all sides, about 3-4 minutes.

CHEF'S NOTES:

Vegetarian sausage can be made from almost any vegetables. The most important part of the process is cook out as much liquid as possible before stuffing into the casing.

This sausage mix can also be made into patties if no casings are available. Form patties about 2 inches in diameter using your hands, and brown on both sides in a pan with a tablespoon of olive oil or butter.

MAKES 10 SERVINGS

Nutrition - 1 Serving

Calories 106 Fat 4g	Carbs 13g Protein 4g Sugars 3g Dietary Fiber 2g	Cholesterol 21 mg Sodium 614 mg
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