

Roasted Pepper Seitan Sausages

Serves 12 | Active Time: 1 hour | Total Time: 2 hours

Swick

Preparing the Dough

First, prepare your mise en place.

To begin the dough preparation, start with the dry ingredients. In a mixing bowl, combine the Seitan Base Mix, roasted bell pepper, chickpeas (crushed in your hand as you add), chile powder, cumin seeds, smoked paprika, maple sugar, sea salt, pepper, sautéed onion, and parsley.

Next, prepare the wet ingredients. In a blender, add the tofu, remaining roasted bell peppers, garlic, vegetable stock and hot sauce. Blend until smooth.

To form the dough, you must combine the dry and the wet batches. Create a small well in the center of the dry batch. Gradually add the wet batch into the well, stopping frequently to stir. Continue until the dough takes on a sturdy consistency. You should use most if not all the liquid. The texture is correct if you are able to rip the dough apart with a bit of give.

Step 1: Preparing the Dough

- 2 1/2 cups Base Seitan Dry Mix
- 1 cup roasted bell peppers, diced
- 1/2 cup cooked chickpeas, coarsely chopped
- 1 tbsp chile powder
- 1 1/2 tsp toasted cumin seeds
- 1/2 tsp smoked paprika
- 1/4 cup maple sugar
- 1/2 tbsp sea salt
- freshly ground black pepper, to taste
- 1 small red onion, diced and sautéed in 1 tbsp of olive oil until caramelized
- 1/4 cup chopped parsley
- 3/4 block firm tofu
- 1 cup red bell peppers, roasted and chopped
- 2 cloves garlic, peeled
- 1 3/4 cup vegetable stock
- 2 tbsp hot sauce of choice

Step 2: Shaping the Sausages

To shape the sausages, cut the dough into sausage size pieces.

Watch this short video to learn 2 ways to roll the sausages.

Step 3: Cooking and Serving the Sausages

In a steamer or steamer basket, steam sausages for 45 to 60 minutes. Remove from the steamer and allow to cool a bit before removing the wrapping.

Once cooled, remove the wrapping and sear or grill to serve.