

Vegetarian Bulgar Sausage

Swick

Serves 8 | Active Time: 1 hour 30 minutes | Total Time:

Chef's Notes

Color can be added by gently sautéing the sausages before service.

Step 1: Mixing the Base

- 1 c whole wheat flour
- 4 c cooked bulgar wheat
- 2 eggs
- 1/2 tsp salt
- 2 cloves garlic, minced
- 2 small shallots, brunoise
- 1/2 tsp black pepper, ground
- 1/2 tsp coriander, ground
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/4 tsp hot chile powder
- 1 tsp paprika
- 1/2 tbsp honey or other sweetener

Combine all ingredients, except 1/2 cup whole wheat flour. Mix with a spoon or paddle attachment on a stand mixer until evenly mixed and the texture is consistent.

To fry the sausages, continue with Step 2.

To steam the sausages, continue with Step 3.

Step 2: Frying the Sausage

- 1/2 c whole wheat flour

Divide the mixture into eight portions and roll each into a log (sausage).

Dredge each sausage in flour.

Add oil to a frying pan and fry the sausages over medium heat until they develop attractive color all around and are cooked through.

Slice and serve as desired.

Step 3: Steaming the Sausage

Divide the mixture into eight portions and roll each into a log (sausage).

Roll each sausage in foil and twist the ends to close.

Place the sausages in a hot steamer and steam until firm and cooked through, about 20-30 minutes.

Remove the sausages from the steamer and allow them to cool. Store them in the refrigerator until ready to eat. Or, remove the foil and slice and serve as desired.