

Best Vegan Sausage Recipe: Homemade Seitan Sausage

Ingredients

- 1 cup of Yukon gold potatoes, peeled and chopped into very small cubes
- 2 cups vital wheat gluten
- ¼ cup nutritional yeast
- 1 tsp. rubbed sage
- 1 tsp. garlic powder
- ½ tsp. dried thyme
- ½ tsp. salt
- ¼ tsp. mustard powder
- ½ cup apple, chopped into very small cubes diced
- ¼ cup onion, finely diced
- ¼ cup soy sauce
- ¼ cup coconut oil

Steps

1. Prepare a pot with a well-fitting lid with a steamer, add a small amount of water, and bring to a boil. Add chopped potatoes and steam for 5 minutes, or until the potatoes are well cooked. Remove from the steamer and set aside.
2. Add vital wheat gluten, nutritional yeast, sage, garlic powder, thyme, salt, and mustard powder to your food processor and pulse to combine. Add the remaining ingredients, along with ¼ cup of water and process until a dough forms. Add more water, a tablespoon at a time, if needed.
3. Place your dough on a clean, dry surface and kneed for 4-5 minutes. Place in a covered bowl for at least 10 minutes. Once the dough has rested, use a bench scraper to split the dough into 12 equally sized pieces. Roll each of the pieces into a sausage-shape, and then wrap each one tightly in a 6-inch piece of plastic wrap. Tie the ends of the plastic wrap about an inch away from the ends of the sausage to give it room to expand (if you don't want to use plastic wrap here, it's perfectly fine, but the sausage shape will be less even and more free-form).
4. Get your steamer back up to a boil, and reduce to a simmer. Working in batches, steam your sausages for 30 minutes. Make sure to place them so they have a little room to expand and aren't overlapping each other. Once they are steamed, remove from the plastic wrap and let cool. Store in the refrigerator, and use as you would other veggie sausages (for best taste, cook again to get a sear on the outside).

