

# Pineapple Jalapeño Vegan Sausages

## Ingredients

- 4 dried shiitake mushrooms
- 2 cloves garlic
- 20 oz. canned pineapple chunks in pineapple juice
- ¼ cup soy sauce
- ¼ cup coconut oil
- 1 jalapeño pepper
- 1 tbsp. nutritional yeast
- 2 tsp. smoked paprika
- 2 tsp. ground cumin
- 2 tsp. dried basil
- 1 tsp. black pepper
- 1 tsp. fennel seeds
- 1 tsp. dried thyme
- ½ tsp. ground cumin
- 1 tsp. salt
- 3 cups vital wheat gluten flour
- 6 sheets of rice paper (optional)

## Steps

1. Add the garlic and dried mushrooms to a food processor, and process until they are very finely chopped. Add all of the ingredients aside from the vital wheat gluten and rice paper to the food processor, and pulse until the jalapeño is chopped up well. Add the vital wheat gluten and process until a dough forms, stopping to scrape down the sides as needed. Don't process more than needed because that will make the dough tough.

2. Take the dough out of the food processor and knead a couple times before placing it in a bowl, covering it with a cloth, and letting it rest for 10 minutes. Divide the dough into 12 equal pieces. Shape each piece into a cylinder. Wrap each sausage in a small piece of parchment paper, and wrap each of those firmly in aluminum foil. Place all the sausages into a steamer, and steam for 30 minutes. Remove from the steamer, let cool, and unwrap each sausage.

3. At this point you can use your sausages in dishes as you like. If you want to add a crispy "skin" you can add a rice paper casing. Cut each sheet of rice paper in half and, one at a time, dip a half sheet of rice paper into a bowl of water. Let the wet



rice paper sit for a minute and place one of your sausages in the center of the rice paper. Fold the edges of the rice paper over the sausage and then roll the sides closed. Repeat with the other sausages. Take care not to let the finished sausages touch each other because they will stick. Once they are wrapped, heat in a skillet with oil, turning to a new side every couple minutes until the sausages are crispy.