

# Lemony Homemade Fish-Free Seadogs

## Ingredients

- 10 oz. king oyster mushrooms
- ½ medium-sized onion
- 2 cloves of garlic
- A handful of fresh parsley
- ¼ cup miso paste
- ¼ fresh lemon
- 1 tsp. fennel seeds
- ½ tsp dried dill
- ½ tsp. dried thyme
- 10 grams dulse seaweed
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups vital wheat gluten

## For Serving:

- [Kelp Relish](#)
- Hot dog buns
- Other toppings- I used vegan mayo, chopped onions, and fresh parsley

## Steps

1. Combine all of the ingredients aside from the vital wheat gluten in a food processor, and process until there are no large chunks. Add the vital wheat gluten, and process until it until a dough forms. Take the dough from the food processor and knead a few times on a clean counter.
2. Divide the dough into 8 even pieces. One at a time, roll each piece of dough into a sausage shape and wrap it in a clean piece of foil. If you want to avoid the foil touching your food, you can wrap each seadog in parchment paper before rolling in aluminum foil.
3. Set up a steamer (I used my instant pot so I don't have to worry about it running out of water) and add the wrapped sausages. Steam for 45 minutes then remove from the steamer and allow to cool. After they have cooled, unwrap the sausages and store in an airtight container until ready to enjoy.
4. To serve, heat a little oil in a skillet. Add the sausages and cook, turning every



couple minutes, until they have a nice sear on them. Serve on hotdog buns, with a generous serving of homemade kelp relish, and other toppings as desired.