

Plant-Based Sausage Patties

Swick

Serves 8 | Active Time: 15 minutes | Total Time: 25 minutes

Chef's Notes

Feel free to experiment with this recipe—adding more or less spices or using different spices all together. Fried onions and sun-dried tomatoes also work really well in these patties.

Step 1: Preparing Your Mise en Place

- 1/2 cup textured vegetable protein
 - 1/2 cup water (very hot)
 - 1/2 cup whole wheat flour
 - 1/4 cup oat bran
 - 2 tbsp nutritional yeast
 - 2 tbsp ground flax seeds (flax meal)
 - 1/2 tsp fennel seeds, whole
 - 1/2 tsp chili flakes (optional)
 - 1 tsp garlic powder
 - 1/2 tsp dried sage
 - 1/2 tsp smoked paprika
 - 1/4 tsp freshly ground black pepper
 - 3 tbsp soy sauce or Bragg Liquid Aminos
 - 1 tsp maple syrup or agave
 - 1/2 tsp blackstrap molasses
 - 1/4 cup water (or more as needed)
- In a medium-sized bowl, mix together the textured vegetable protein and hot water. Set aside to soak for 7 to 10 minutes.
- Next add all of the dry ingredients to the bowl and stir thoroughly to combine. Add soy sauce, maple syrup and molasses and mix together. Let mixture sit for approximately 15 minutes. This allows the flavors and ingredients to absorb and meld together.

Step 2: Forming and Cooking the Patties

- 1 to 2 tbsp oil (coconut, grapeseed or sunflower)*
- Using your hands, form into patties 1/2 inch thick and 2 inches wide. Alternatively, you can form them into whatever shape you are looking for. For instance, if you wanted to add chunks of “sausage” to a soup, you could shape the mixture into smaller, irregular pieces.

Note: This recipe makes enough for eight 1 1/2-ounce patties.

To cook the patties, heat a large stainless steel or cast iron pan over medium to medium-high heat. Once hot, add the oil and then the patties.

Fry the patties on the first side until golden, about 2 to 3 minutes and then flip. Turn the heat down to low and finish cooking the second side. The patties are done when they are heated through and crisp and golden on the outside.

Note: If desired, omit the oil and place the patties onto a baking sheet lined with parchment paper and bake in the oven at 350°F (177°C).