

Apple, Fennel & Maple Seitan Sausages

Serves 12 | Active Time: 1 hour | Total Time: 2 hours

Swick

Preparing the Dough

First, prepare your mise en place.

To begin the dough preparation, start with the dry ingredients. In a mixing bowl, combine the base Seitan Base Mix, toasted and ground fennel seed, sea salt, pepper, dried apples and maple sugar and set aside.

Next, prepare the wet ingredients. In separate bowl, mix the caramelized onion, tomato paste, madeira wine, liquid smoke, chives, sage and vegetable stock. Whisk well, ensuring all ingredients are thoroughly combined.

To form the dough, you must combine the dry and the wet batches. Create a small well in the center of the dry batch. Gradually add the wet batch into the well, stopping frequently to stir. Continue until the dough takes on a sturdy consistency. You should use most if not all the liquid. The texture is correct if you are able to rip the dough apart with a bit of give.

Step 1: Preparing the Dough

- 2 1/2 cups Base Seitan Dry Mix
- 1 1/2 tbsp fennel seed, toasted and ground
- 1 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 3/4 cup dried apples, minced
- 3 tbsp maple sugar
- 1 white onion, diced, sautéed in 1 tbsp olive oil until caramelized
- 1/3 cup tomato paste
- 1/2 cup madeira wine
- 1 tsp liquid smoke
- 1 1/2 tbsp fresh chives, thinly sliced
- 1 tsp fresh sage, minced
- 1 3/4 cups vegetable stock

Step 2: Shaping the Sausages

Cut the dough into sausage size pieces.

Watch this short video to learn 2 ways to roll the sausages.

Step 3: Cooking and Serving the Sausages

In a steamer or steam basket, steam sausages for 45 to 60 minutes. Remove from the steamer and allow to cool a bit before removing the wrapping.

Once cooled, remove the wrapping, and sear or grill to serve.