

# Spicy Italian Vegan Sausages

Makes 10 Regular size sausages



## Ingredients:

2 1/4 cups (270g) wheat gluten flour  
1/2 cup (40g) nutritional/savoury yeast flakes – savoury yeast flakes are available in health food shops or the health food section of some supermarkets  
1/4 cup (30g) chickpea flour  
2 Tbsp (30g) Massel vegan salt reduced vegetable stock  
2 Tbsp (20g) granulated onion  
2 tsp (6g) crushed black pepper, preferably freshly ground  
2 tsp (6g) ground paprika  
1 tsp (3g) dried chili flakes/powder, optional  
1 tsp (3g) ground smoked paprika  
1/2 tsp (1g) dried oregano  
1/8 tsp ground allspice  
2 1/4 cups cool water  
6 to 8 cloves garlic, minced or pressed  
2 Tbsp (40ml) olive oil  
2 Tbsp (40ml) soy sauce

## Directions:

1. In a large bowl, mix together all of the dry ingredients.
2. Whisk together the water, garlic, olive oil and soy sauce and using a fork, gently stir into the dry ingredients.
3. Stir just until ingredients are mixed. If dough mixture is too dry, you can add another tablespoon of water or as needed.
4. Scoop 1/2 cup dough mixture at a time and shape into logs.
5. Place logs on a piece of aluminum foil and roll up, twisting ends.
6. Place sausages in steamer and steam for 30 minutes.
7. Once sausages have cooled enough (5-10mins), remove from foil and fry if you wish or cool further and refrigerate for later. Or you can eat them as they are.
8. After cooling, the sausages may feel a bit dry on the outside. Don't worry, as they will soften and firm up considerably after chilling.

## Cooking and Variations:

These are now great for the bbq, or you can turn them into sausage rolls by wrapping them up in Vegan puff pastry, brushing with soy milk and baking in the oven on some baking paper. Borgs puff pastry (available at Woolworths) or Pampas puff pastry (available at Coles) are vegan.

*For more information on veganism, go to*  
[www.veganperth.org.au](http://www.veganperth.org.au)