

## Vegetarian Red Bean Mushroom Sausage

By : Ferry Kurniawan

### Ingredients :

1 batch Veganomicon's simple seitan, ingredients combined but not mixed

2 cloves garlic, pressed

1/2 tsp garlic powder

150 gr red bean (half for paste, half whole red bean)

1/2 tsp sweet paprika powder

100 gr shitake mushroom

about 1 quart mushroom broth

Salt & Pepper for taste

### Preparation :

Preheat oven to 350F.

Boil red beans and shitake mushroom until well done, half red bean and make the half into paste, cut mushroom into little piece.

Add all spices, garlic, whole red bean with red bean paste, mushroom and to unmixed simple seitan recipe and stir to combine until the ingredients form a dough. Knead for a few minutes.

Divide dough in two, and knead each piece separately, beginning to squeeze, twist, and stretch to elongate the dough into a sausage-like shape. You'll find that the dough is very elastic and tends to shrink back as soon as you let go, but don't worry about this too much, as the tin foil will help it hold its shape.

Tear off a large piece of tinfoil, Place one piece of dough on the edge of the foil and use your fingers to stretch it out a bit, leaving about an inch of extra foil on both sides. Roll the sausage up relatively tightly, leaving about a millimeter of extra space. Twist up the ends, leaving a little air on both sides.

Set broth in a large pot on the stove-top and bring to a low simmer.

Meanwhile, bake the sausages for about 15 minutes on a baking sheet, until the sausages are cooked enough to hold their shape, but still somewhat mushy to the touch. Remove sausages from tin foil wrapper and drop into simmering broth. Simmer for an additional 15-20 minutes until firm but still springy.

Serve immediately (ideally in recipe below), or wrap in foil or saran wrap and freeze until ready to use.

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Ferry Kurniawan

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