

Seitan sausages



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For 3 pieces:

seitan from 1 kg flour (see recipe [here](#))

1 $\frac{1}{2}$ teaspoon paprika powder

$\frac{1}{2}$ teaspoon onion powder

$\frac{1}{2}$ teaspoon garlic powder

4 cloves of garlic, mashed

1 tablespoon mix seasoning (marjoram, thyme, juniper berry)

1 tsp dried chilli flakes

salt and pepper

plastic film

jute rope

When you prepare the dough for seitan add the paprika powder, onion powder and the garlic powder to the flour. Further follow the steps of the seitan recipe.

After “washing” the dough add the rest of the spices, the garlic and the chili flakes to the seitan and mix well being careful not to “break” the seitan. Drain well.

Divide the seitan into three equal pieces. Roll each piece in plastic film and tie the ends with a piece a rope.



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Cook the sausages in water for 40 minutes.

Before serving remove the plastic film and fry them a few minutes in oil until golden brown (you can also grill or bake them in the oven).

Note: You can keep them 2-3 days in the refrigerator in the plastic film to prevent drying.



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