

Seitan Sausage

 THE LUNCH ROOM **Recipe Box**

INGREDIENTS

2 cups vital wheat gluten	Dash of cayenne pepper
1 $\frac{3}{4}$ cups chickpea flour	2 cups water
3 $\frac{1}{2}$ tablespoons nutritional yeast	2 tablespoons tamari
1 $\frac{1}{4}$ tablespoons brown sugar	2 tablespoons olive oil
2 tablespoons dried sage	
1 $\frac{1}{4}$ tablespoons onion powder	
1 $\frac{1}{4}$ tablespoons granulated garlic	
2 teaspoons dried rosemary	
2 tablespoons chopped fresh parsley	
2 teaspoons salt	
1 teaspoon dried thyme	
1 teaspoon ground black pepper	
1 teaspoon nutmeg	

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continued...

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DIRECTIONS

1. Whisk together in a bowl: gluten, chickpea flour, nutritional yeast, brown sugar, sage, onion powder, granulated garlic, rosemary, parsley, salt, thyme, pepper, nutmeg, and cayenne.
2. Combine water, tamari and olive oil in liquid measuring cup. Slowly pour the wet mixture into the dry ingredient bowl, mixing with your hands until everything is evenly combined into a dough. Add a little more water as needed.
3. Divide the dough into pieces about $\frac{1}{4}$ cup each. Package each patty in foil and flatten it. Don't wrap too tightly; leave them a little room to expand.
4. Steam the foil-wrapped patties in a metal steamer basket in a 375 degree oven (or in a stovetop steamer basket) for 60 minutes or until firm.