

The sausage recipe, based on various recipes, goes something like...

Cut 7 to 13 square-ishs of aluminium foil, ready to put each sausage in. Squares big enough to roll up each sausage leaving little or no air gaps.

Then

In a bowl, throw...

200g gluten flour

Heaped teaspoon dried onion powder, or a little more

Heaped teaspoon garlic powder/granules, or a little less

About 3 heaped teaspoons of nutritional yeast. Between 1 and 5 of 'em.

Paprika (not the hot versions), somewhere between a flat teaspoon and a heaped teaspoon

Two thirds of a flat teaspoon of cumin powder, or coriander seed powder - from powder, or grind some seeds.

(If grinding your own spices, maybe use the sugar or the salt to 'rinse' the mortar so you don't need to wash away what's left in the mortar)

Herbs: quite a bit of any of these... Sage, oregano, thyme, or quite thoroughly chopped or buzzed or scissored rosemary (or bung chopped rosemary in the mortar with the salt if you're using hard chunky salt). If dried herbs, a heaped teaspoon or so. If fresh, at least a couple of heaped teaspoons worth if that kind of thing is measurable.

Sugar: almost a heaped teaspoon

Flat teaspoon of salt

Grind in some black pepper, quite a lot. Stop grinding before it becomes boring. (Our pepper grinder tries to give up after a few twists, and I shake it and carry on. The second time it says it's done enough it is usually right. The first time, it's just goofing about.)

The wet stuff...

1½ to 2 teaspoons of soy sauce

3 teaspoons olive oil

Mix it a bit, think about who it's for, look at the mixture, and add bits more of any of the above if it feels right.

270ml of water.

Mix it - spoon, fork, hands, whatever.

Contemplate.

Optional extras:

A couple of teaspoons of tomato puree, mainly for colour (and reduce the sugar a bit).

Heat: fresh or dried chili to taste, or some chili sauce.

More herbs

Liquid smoke and/or smoked paprika. If using smoke, bung in lots, and reduce some of the other flavours such as the herbs, so they don't get confused.

Spices: the other of the cumin/coriander. Flat teaspoon of cinnamon. Half a flat teaspoon of nutmeg (does anyone keep nutmeg?). Aniseed, a bit, if doing a smokey version and if you have any and can be bothered - probably ground up with the hard salt.

A bit of other flours, or grains, if you like, but not much.

Flat teaspoon of miso, if folks like to hear that miso has been involved. It won't be noticeable though.

A squirt of barbecue sauce so the mixture feels happy.

In the bowl, mix it lots with your hands, a bit like you're working bread dough, but it doesn't need anything like as much stretchy action as bread dough does. It should be moist. May need another 10-20ml of water.

The texture should be such that it's a little bit bubbly, hopefully, and a bit glistening. When you grab a bit and make a ball in your hands and put it on a foil square, it should pretty much hold it's shape, while flopping to about ¾ of its height. If it doesn't flop then it's too dry. If a ball sinks to half its height then it's too wet.

Mix n squelch it a bit more with your hands in the bowl, then think "Ah, nothing more's gonna happen to that mixture. That's the mixing done." Total mixing time should be about a minute or two, depending on how vigorous the moment is. More than 5 minutes might be overworking it.

Leave it to rest for 5-10 minutes. I don't think this achieves anything, other than giving the chef a little break.

Divide it into how many sausages you want to make, and form the sausage shapes by hand, and lay them in the foil. Roll them up individually, folding the ends in. Slight air gaps are fine. I find that if I do the foil diagonally, the ends roll up well, and it uses less foil.

Steam them for 40 to 50 minutes. It's a long time, so might need to top up the water after 30 minutes.

They are instantly ready to fry or grill (if lightly oiled). They shouldn't need tons of oil to fry. Can store them in the foil in a fridge for 5 -7 days. Or freeze them in the foil (foils parcels are nicely easy to later take sausages individually from the freezer). Or cook (or par-cook) the lot, and freeze them.

Bon appetit !x