

# Homage to Linda McCartney Vegetarian Sausages

## INGREDIENTS

½ tablespoon olive oil  
½ onion, chopped  
2 cloves garlic, chopped  
½ teaspoon dill or fennel seeds  
½ teaspoon cumin seeds  
½ teaspoon caraway seeds  
½ teaspoon thyme  
1 teaspoon paprika or cayenne pepper  
1/8 teaspoon salt  
¼ cup canned garbanzo beans  
1 tablespoon tomato paste  
1 tablespoon soy sauce  
¼ cup sparkling water  
¾ cup vital wheat gluten

## DIRECTIONS

Heat olive oil in a large skillet. Sauté the onion and garlic cloves until translucent, 3 to 5 minutes. Add the seeds and cook one more minute.

In a food processor, add garbanzo beans, transfer the onion-garlic-seeds mixture, spices (thyme, paprika, salt), tomato paste, soy sauce, and sparkling water. Blend well until smooth. Add the vital wheat gluten and continue to blend until the mixture forms a ball shape.

Fill a large pot (dutch oven) with water just under the level of a steaming basket and bring to a boil.

Divide the blended mixture into quarters. Roll each piece into a sausage shape. Roll each vegetarian sausage in parchment paper and then in aluminum foil. Twist the ends of the foil well. Place the wrapped sausages on top of the steaming basket and steam for 40 minutes, turning over once after 20 minutes.

## Serving Recommendation

We recommend serving with cooked peas (fresh is best) and mashed potatoes with gravy.

*The Places Where We Go – Recipe Recreations*

