

Morning's Light

Vegetarian / Vegan Sausage Patties

Ingredients:

- 3 cups TVP (texturized vegetable protein)
- 1 cup water (VEGAN recipe 1 and 3/4 cup water)
- 1/4 cup soy sauce
- 1 cup short grain rice, cooked and cooled
- 1 TBSP oregano
- 3 TBSP rubbed sage
- 1/2 TBSP onion powder
- 1/2 TBSP garlic powder
- 1 tsp red pepper flakes (more or less to taste)
- 1 cup tapioca starch (flour)
- 3 TBSP vegetable oil
- 3/4 cup egg whites (3 - 4 eggs) / (omit for VEGAN recipe)

Directions:

Combine 1 cup water and soy sauce. Add water/soy sauce combination to TVP in a large bowl. Let stand for about 5 minutes to absorb liquid. Mix in rice. Mix in all spices.

Very slowly add small amounts of the tapioca starch by dusting the TVP mixture and stirring in. DO NOT HURRY THIS STEP.

Mix in oil.

Mix in egg whites. (Vegan recipe mix in additional 3/4 cup water in place of egg whites)

Mixture should be sticky and hold together when pressed into a ball.

Grease 2 large cookie sheets with olive oil, or spray with vegetable oil. Use a plastic one-quarter measuring cup (or something of similar size) to shape the patties. Spray measuring cup with vegetable oil so mixture won't stick. Fill measuring cup to near top and compress mixture with an espresso tapper, or the bottom of another measuring cup, or with your thumbs. Mixture should be about 1/4 inch from top of cup. Tap cup onto cookie sheet to release patty. Spray measuring cup with vegetable oil after every two patties.

Bake patties in preheated, 350-degree oven for about 15 minutes. Remove from oven, cool, and freeze.

My favorite method for preparing patties for serving is to place in a hot oiled sauce pan to get them crispy. After a few minutes flip them and add a little soy sauce to give a nice caramelized finish. Alternately, patties can be warmed in oven.

Makes 25 or more patties.