



Chefs' Picks: Veggie Comfort Food

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A Sausage Sans Pork

It's all about comfort food and beer at gastropub Blatt Beer & Table in Omaha, Nebraska, which means the menu is rife with burgers, sausages and other meaty indulgences. That shouldn't deter vegetarians or vegans, though. "We wanted to reach out to our vegan and vegetarian customers with a sausage version that combines flavorful ingredients and still remains true to our German-inspired menu at Blatt Beer & Table, says Chef Tony Gentile. He found a way to switch out the animal protein without sacrificing flavor, which has made the menu item a favorite with not only vegans and vegetarians, but also carnivores. "I think our Vegan Currywurst is a hit with all our customers, including meat eaters, because it maintains a meat-like texture and highlights traditional currywurst flavors such as smoked paprika, cumin and, of course, curry."

Vegan Currywurst

Serves 8

4 ounces canned pinto beans, drained and thoroughly smashed
4 teaspoons soy sauce
1 1/4 cups water
10 ounces of vital wheat gluten
1 cup nutritional yeast
2 tablespoons minced garlic
1/4 cup canola oil
1 1/4 teaspoons ground coriander
1 1/4 teaspoons ground cumin
1 1/4 tablespoons Madras curry powder
2 teaspoons fennel seed



3/4 teaspoon oregano
3/4 tablespoon smoked paprika
3/4 teaspoon black pepper
1 1/4 tablespoons kosher salt
Pretzel buns, for serving, optional
Sauerkraut, for serving, optional
Mustard, for serving, optional
Special equipment: Eight 12-by-12-inch sheets of tin foil
Special equipment: steamer pot



Combine pinto beans, soy sauce and water in a bowl. Set aside.

Combine wheat gluten, yeast and garlic in a bowl. Set aside.

Heat canola oil in a small saute pan over medium heat. Add coriander, cumin, curry powder, fennel seed, oregano, smoked paprika, pepper and salt to the pan. Toast the spices, taking care not to burn them.

Add the toasted spices to the mixture of pinto beans, soy sauce and water. Slowly add this mixture to the bowl of wheat gluten, yeast and garlic, kneading well until all ingredients are incorporated. Dough should be firm, not sticky.

Divide the dough into 8 even pieces and roll to form 6-inch logs. Wrap each separately in tin foil, twisting the side ends tightly in opposite directions.

Add water to your steamer and bring to a boil. Place wrapped currywursts into the basket, cover and cook for 25 minutes or until they are firm to the touch.

Meanwhile, prepare a large pot of water to boil. To finish, unwrap currywursts and place in boiling water for 1 1/2 minutes.

Remove the currywursts from the water and serve warm. Serve the currywursts in pretzel buns with sauerkraut and a fancy mustard, if desired.

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