

## VEGETAL VEGETARIAN CASINGS

### USAGE GUIDE

These casings are simple to use, and the following instructions are meant to help you in the process. They are made from a cocktail of algal polysaccharides, a protein like substance that is water soluble.

You will create a sausage that is pretty much indistinguishable from any other. They can be used for all vegetarian sausages, including vegan sausages.

- 1) These casings need to be kept dry. Their shelf life is 18 months when stored in a clean tupper-ware type lidded container. Store at room temperature.
- 2) Unlike fresh animal based casings they must not be soaked, but used dry on the delivery tube of your stuffer.
- 3) Moist sausage filling is enough to change the consistency of the casing to more resemble a sausage.
- 4) Simply cut off an appropriate length of casing and push onto the delivery tube of your stuffer / grinder.
- 5) Pull out a small about 5 cm of the casing from the concertinaed stick to allow the filling to take hold.
- 6) As you fill your casing, which should be done slowly, it will be drawn off the delivery tube. Control the flow of casing to allow even filling.
- 7) You will notice the casing change consistency from a papery material to a soft, almost plastic nature. The casing is not plastic, and is wholly edible.
- 8) Catch your sausage on a tray, and try to keep the sausage from folding over on itself.
- 9) When finished, you can tie the ends of you wish, though this isn't always necessary, and link by twisting. Do not try to link into 2's or 3's as seen with meat based sausages.
- 10) Any excess casings, if it is kept dry, can be stored for later use.

Notes on cooking the sausages

Since these skins are water soluble, care has to be taken when cooking.

To avoid problems from steam turn the sausages very regularly when cooking. You can grill, fry with a little oil or bake them. They will cook on a BBQ, avoiding excessive heat.