



VEGETABLE SAUSAGE

Featured on January 14, 2017 for “Healthy Eating in 19th Century America” demo

*Have you resolved to eat healthier this year? You’re not alone, but how do you define “healthy” when it comes to food? On January 14, as part of our demonstration, **Healthy Eating in 19th Century America**, we looked to recipes from the 19th century to better understand early concepts of dietary reform, including the promotion of whole wheat by Sylvester Graham and the emergence of the American vegetarian movement as promoted by William and Bronson Alcott, Ellen White, and John Harvey Kellogg.*

Graham recommended that American abstain from bolted flour, alcohol, and meat, noting that vegetables were the “proper aliment of the human species.” In 1886 the Vegetarian Society of America (VSA) became the first national organization of the vegetarian movement, and used their official magazine to promote the science and philosophies behind the diet as well as original recipes. Here is our version of the VSA recipe for vegetable sausage, which in some ways resembles veggie burgers of the 21st century, yet also shows some of the popular meat substitutes of the 19th century (including nut butter, beans, and lentils), followed by the original recipe.

VEGETABLE SAUSAGE (2017)

Courtesy of Chef Brian Patterson, L’Academie de Cuisine

Serves 8 (three pieces per person)

Ingredients

1 cup lentils (French *lentilles du puy* are best)
 ½ cup tomato puree
 2 whole eggs, lightly beaten
 1 teaspoon smooth commercial peanut butter
 2 dozen soda crackers, ground into crumbs
 4 leaves fresh sage, finely chopped (or 1 tablespoon dried)
 1 small onion, finely chopped
 Kosher salt and freshly ground black pepper, to taste
 Canola oil, for frying

Directions

1. Heat a small saucepan full of water or vegetable stock to a boil. Add the lentils and cook until very tender, about 45 minutes to 1 hour. Strain the lentils in a sieve, then transfer to a large bowl and mash into a pulp that resembles ground meat.
2. Add the tomato puree, beaten eggs, peanut butter, cracker crumbs, sage, and chopped onion to the bowl with the mashed lentils. Season with salt and pepper, then stir until well-combined. Chill the mixture for 1 hour, to let it firm up enough to hold its shape.

3. Form the mixture into patties about two inches in diameter and 1 inch thick.
4. Heat about ½ cup oil in a cast-iron skillet until hot. Add the patties and cook until slightly browned outside and heated throughout, about 4-5 minutes per side. Serve warm.

VEGETABLE SAUSAGE (1900)

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One cup lentils, boil soft and mash, add ½ cup strained tomatoes, two eggs, one heaping teaspoon nut butter rubbed smooth in hot water, three soda crackers rolled fine, sage and chopped onion, salt and season to taste, mould and fry in hot ko-nut.



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