

Fate Original Sausages

200g Fate Low Protein All-Purpose Mix

½ teaspoon salt

Ground black pepper

1 teaspoon dried sage

1 teaspoon oregano – optional

½ teaspoon dried minced onion or onion granules

3 teaspoons suitable tomato ketchup

50ml oil

100ml water

Extra Fate Low Protein All-Purpose Mix for shaping

Oil for shallow frying



Method

1. Place the Fate Low Protein All-Purpose Mix, salt, pepper, sage, dried onion, and oregano (if added) into a mixing bowl or jug. Mix well. In a separate jug, stir together the ketchup, oil and water.
2. Add the liquid to the dry ingredients all in one go. Mix with a large metal spoon for about 30-50 seconds until smooth. Leave to rest for about 1 - 2 minutes.
3. Dust your hands lightly with Fate Low Protein All-Purpose mix. Knead the mixture just a couple of times to make sure the ingredients are well blended. Take a spoonful of mixture, around 35g-50g and roll it into a sausage shape on the work surface, using a little extra Fate Low Protein All-Purpose Mix to prevent sticking. The sausages can be shallow fried in a little oil until golden brown, or brushed with oil and cooked under a grill or on a barbeque.
4. Fate Sausages freeze well. Freeze them uncooked, soon after shaping.
5. Defrost before cooking.

This recipe was provided by Fate Special Foods.