

# Potato and Tempeh Sausage

- serves 6

8 oz tempeh

2 tablespoons each: white wine, soy sauce, and vegetable or chicken broth, combined

1 cup, 1/4-inch dice and cooked potato, (russet, Finn) or market-cooked Roli Roti potatoes

2 tablespoons minced spring garlic and onions

1/4 C garbanzo bean flour

2 ts. Whiskey Oak steak seasoning (substitute your best brand)

1/2 ts. fresh ground nutmeg, red pepper flakes, ground mustard

2 ts. Worcestershire sauce

drizzle liquid smoke

salt and freshly ground pepper to taste

Avocado or canola oil

Hickory Smoked almonds (chopped fine)

Break up the tempeh into smaller pieces and blend in a food processor. Marinate in wine mix a few hours. Remove tempeh, save marinade for another use.

In a large bowl, combine all the ingredients except the oil and almonds and mix well with your hands. Form the mixture into six patties. Bread each side in chopped almonds. Saute in a large non stick pan or cast iron skillet with oil over medium-high heat on both sides until browned and cooked through.