Vegetarian Sausage | 3 bean, lentil & mushroom sausage

Ingredients

- 250g closed cup chestnut mushrooms, cleaned, finely sliced and then coarsely chopped
- 3 large cloves garlic, finely chopped
- 50g lightly salted butter
- 115g tinned butter beans in water, drained (typically from a 250g – undrained weight – tin)
- 115g tinned cannellini beans in water, drained
- 115g tinned kidney beans in water, drained
- 115g ready-to-eat Puy Lentils (I use Merchant Gourmet ones)
- fine sea salt (to taste)
- Vegetarian / Vegan Sausage casings (I found these online – available from various retailers)

Method

- Melt the butter in a non-stick pan
- Gently fry the garlic on a low heat (do not let it brown, merely soften a little and infuse the butter with garlic flavour)
- Add the mushrooms, season lightly with a little sea salt, turn up the heat and cook on a high heat until they are cooked and some of the juices have reduced down – but do retain a little bit of liquid
- Meanwhile, 'blitz' the butter beans, cannelini beans and kidney beans in a food processor but only very briefly, so as to retain some chunky texture
- Add the Puy lentils to the bean mixture and mix by hand
- Add the fried mushrooms
- If the mixture is a little dry, add a bit of melted butter
- Season with sea salt (to taste)
- Push the mixture into the vegetarian sausage casings using a sausage-making machine/funnel (note that when you twist the ends, unlike with natural casings, they won't remain properly twisted...leave enough room at the end to allow for a bit of expansion of the contents during cooking and prevent all the filling from escaping from the ends)
- Grill or fry (careful if you BBQ – the vegetarian sausage casings have a tendency to tear open / explode on the high heat!) and serve with accompaniments of your choice