

Bavarian Sausage Feast

Here's a meal in honor of "Oktoberfest." You'll be enjoying traditional Bavarian flavors of Bratwurst, Hot Potato Salad, and Rotkohl (German red cabbage with apples and onions). I'm suggesting a couple of my favorite plant-based sausages for tonight's meal: "Field Roast Brats" and "Beyond Meat Brats." All sausages (animal or plant-based) are rich, but you won't consume saturated fat when eating plant-based products.

My German grandma kept a crockery pot with pickled cucumber and onion in the pantry. It was used as either a salad or the start of a salad for many meals. Today you'll prepare a quick version of the pickled cucumber and onion as a garnish. Das alles schmeckt gut! **Preparation time: 55 minutes - Servings: 4**

Organize Your Ingredients!

Notes on Organizing

As you get started, prep and organize ingredients so they are easy to add. Today you'll perform 3 separate sweet onion preps: 2 C. thin-sliced and chopped for the Rotkohl, 1 C. chopped for the Hot German Potato Salad and 2/3 C. thin-sliced for the Pickled Cucumbers and Onions. Cook all of the sausages in the package. Keep the extra cooked sausages in the freezer for future meals.

Rotkohl

- 2 tsp. olive oil
- 4 C. red cabbage (shredded)
- 2 C. sweet onion (thin-sliced/chopped)
- 2 tart apples (cored and chopped)
- 1-1/2 C. red wine
- 3 whole cloves
- 2 tsp. caraway seeds

Hot German Potato Salad

- 1 lb. red potatoes (scrubbed, cut into 1" cubes)
- 1 tsp. olive oil
- 1-1/2 C. celery (diced)
- 1 clove garlic (smashed and chopped)
- 1 C. sweet onion (chopped)
- 3 strips smoky tempeh (baked, chopped)

- 3 T. Apple cider vinegar
- 2 tsp. Dijon mustard
- 1 T. granulated sugar
- 1/4 C. low-sodium vegetable broth
- 1/2 tsp. fresh ground black pepper

Pickled Cucumber and Onions

- 1 large cucumber (peeled and sliced)
- 2/3 C. sweet onion (thin-sliced)
- 2 T. white or rice wine vinegar
- 2 tsp. granulated sugar
- 2 T. low-sodium veggie broth

Grilled Sausages

- 1 package "Field Roast Brats"
- 1 package "Beyond Meat Brats"
(leftover cooked sausages can be frozen.)

Bread/Mustard Mix for Brats

- 4 brotchen-syle rolls (German hard crust rolls or equivalent)

Mustard mix for Brats:

- 1 T. grainy German mustard
- 1 T. prepared mustard
- 2 T. Veganaise

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by browning tempeh. Place strips on an oiled cookie sheet in 400° oven for 5 minutes per side. Grill the brats as the final step of this recipe since everything else holds beautifully once cooked.

Rotkohl

1. Place oil, cabbage, onion and apples in a large saucepan. Toss over medium-high heat until onion begins to turn translucent.
2. Add wine and bring to a boil. Reduce heat to medium-low, cover and stew for 25 minutes.
3. While Rotkohl begins cooking, toast 3 whole cloves and 2 tsp. whole caraway seeds in a small, dry sauté pan. Toss clove and seeds until seeds begin to pop and brown. Remove from heat and cool about 5 minutes. Grind toasted clove and caraway in a spice grinder and stir them into the Rotkohl.
4. Check Rotkohl from time-to-time and add more red wine if liquid cooks away. Once Rotkohl is cooked (25 minutes) turn burner to simmer until ready to dine. Add more wine if needed.

Hot German Potato Salad

1. Boil 1 lb. cut potatoes in about 1 C. lightly salted water for 7 minutes, or until tender. Drain and rinse with cold water.
2. Sauté celery in oil until it turns bright green. Add garlic, onions and chopped tempeh and sauté until onions become translucent. Add drained, boiled potatoes to pan and toss well.
3. Mix vinegar, prepared mustard, sugar, low-sodium vegetable broth and pepper together in a small bowl. Pour over potato mixture. Toss until liquid disappears. Reduce heat to simmer and cover pan. Stir from time-to-time as you finish the meal.

Pickled Cucumber and Onions

1. Place prepped cucumber and onion in a medium-sized bowl.
2. Mix vinegar, sugar and broth together in a separate bowl. Stir until sugar dissolves.
3. Toss cucumber and onion with vinegar mixture and set aside. Toss from time-to-time.

Bread:

Bread/Mustard Mix for Brats

Before you start cooking brats, wrap bread in foil and place in a 250° oven.

Mustard Mix for Brats:

Stir both mustards and Veganaise together in a small bowl and set aside.

Grilled Sausages:

Grilled Sausages/Plate the Meal

When cooking Field Roast sausages simply remove plastic casings, halve them lengthwise and grill them on all sides until browned.

When cooking Beyond Meat sausages, cook whole sausages until golden brown. Prick them with a fork while cooking to help release some of the fat. When thoroughly browned, set aside on a paper towel to absorb excess fat. After cooking, slice in half lengthwise.

Plate the Meal:

Place 3 sausage halves (a mix of Beyond Meat and Field Roast) on each dinner plate. Spoon 1 T. mustard mix onto each sausage plate next to the sausages. Spoon hot potato salad and Rotkohl alongside sausage and line edge of plate with pickled cucumber. Serve rolls on the side.

Let us know what you think and ask any questions you may have. chezdon@plate6.com