

Skinless Sausages



Serves	4
Prep time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge , Salicylates & Amines
Meal type	Lunch , Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot
Occasion	Barbecue

Ingredients

- 500g preservative-free mince (beef, chicken, lamb, pork (amines) or a combination of these)
- 200g sweet potato or swede (cooked and pureed)
- 1 Small leek (finely chopped)
- handful chives (finely chopped)
- 1 egg (lightly beaten)
- pinch salt
- Sunflower oil

Directions

1. Cut 8 lengths of grease-proof paper 15 cm wide, one for each sausage.
2. Cut a length of cling film about 45 cm long and place it on the bench top. Cut 2 more pieces of the same size and place them on top of the first. This creates a thick piece of cling film. Smear a small amount of oil over the top of the cling film.
3. Add all the ingredients into a large bowl and mix with your hands until well combined.
4. Grab a small handful of the sausage mixture and place it on the cling film. Shape it into a sausage like shape. Wrap the cling film around the sausage and roll it back and forth, squeezing the sausage until you get a good shape. When you are happy with the shape, grab the ends of the cling film and pull on them to tighten the roll as you are rolling.
5. Unroll the cling film and roll the sausage onto a piece of baking paper. Fold the ends of the baking paper inwards, then roll up. Place on a tray.
6. The oil on the cling film prevents the sausage from sticking and you can re-use it to create the rest of the sausages.
7. Place in the fridge for at least an hour before cooking, if using the same day.
8. To store for longer, place all the sausages into a bag or container and store in the freezer.
9. When cooking them, they should only be turned a couple of times to prevent them from falling apart.



Note

Low Chemical / Failsafe, Moderate Salicylates

Use sweet potato if moderate salicylates are tolerated. The same recipe will work with any kind of mince, e.g. chicken, lamb or pork (amines), and any vegetable puree, depending on your tastes.

Makes 8 sausages.