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Development of a vegetarian blended sausage

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The aim of the study was to develop a Kohila (*Lasia spinosa*) added Vegetarian Sausage. It has been shown that dietary-fiber rich food like Kohila may reduce the occurrence of constipation, haemorrhoids or anal fissures. Meat or fish sausages have animal proteins that coagulate with the temperature and it acts as the binder of those sausages. When producing this new vegetarian sausage it was a challenge to find a replacing binder for meat or fish protein. After several trials and errors a successful binder was made out of a combination of Soy Protein extract, Kiri Ala (*Colocasia esculenta*), and flour of Jack Seed (*Artocarpus heterophyllus*). The sausage mixture was prepared by adding Kohila rhizomes, Kiri ala and Jack seeds. The Soy Protein extract was then added. Finally minor ingredients were added and mixed well. The prepared sausage mixture was filled into artificial casings and cooked. Then the artificial casings were removed and sausages were packed and stored in a cold room at -4 °C.

According to the proximate analysis, the produced sausage was analyzed and found to contain, an average fiber, moisture, protein, total fat, free fat and ash content of 3.08, 49.04, 7.13, 12.03, 5.05, and 4.04 % respectively. According to the shelf life analysis for six months by the Total Plate Count (TPC) and coliform test, the microbial count did not exceed the recommended levels. Peroxide value (PV) was zero for a six month period. With regard to the sensory evaluation, this new soy-based Kohila-added vegetarian sausage showed a high level of acceptance compared to the vegetarian soy sausage available in the local market (Kruskal – Wallis test).