

## Hot Dogs (Vege)

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**1 Cup** gluten flour - sifted  
**2 Teaspoons** onion powder  
**½ Teaspoon** garlic powder  
**½ Teaspoon** turmeric  
**½ Teaspoon** ground coriander  
**½ Teaspoon** parsley  
**½ Teaspoon** ground paprika  
**1 Tablespoon** salt

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**Place the following in a blender and blend on high for 20 seconds:**

**1 Cup** water  
**3 cloves** of garlic<sup>1</sup>  
**2 Tablespoons** ketchup, as listed below  
**2 Tablespoons** yeast flakes  
**2 Tablespoons** Gomasio  
**1 Tablespoon** olive oil (extra virgin, first cold pressing)  
**½ Teaspoon** arrowroot powder (or, if you *must*, cornstarch)

- ✓ Mix well (by hand) the blender ingredients with the dry ingredients.
- ✓ Let rest for 10 minutes.
- ✓ Divide into 8 parts.
- ✓ Make 8 wrappers of parchmant paper 9" x 5" and then cover with foil 9" x 5".
- ✓ Add enough water to the cooking pot to reach the bottom of the steamer insert. Steam for 40 minutes. Cool to room temperature, then unwrap and freeze or refrigerate.

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<sup>1</sup> Or 1 Tablespoon minced.