

# Gluten-free sausage tasting - February 2009

The time was when finding a gluten-free sausage was really difficult – but this is no longer the case. The rise of the ‘gourmet’ sausage made not only from pork but beef, chicken, venison, duck and lamb has meant that many sausages no longer use

‘fillers’ at all, thus obviating the need for gluten-free fillers.

As regards dairy products, even old-fashioned sausages rarely included them so dairy allergics were on safer territory – although they should read the ingredients

lists of non-British types of sausage such as frankfurters carefully, as they do often include casein or lactose.

Gluten intolerant vegetarians do not do so well as neither the Redwood Wholefood Company nor Cauldron Foods, the

favourites of many non-meat eaters, make gluten-free vegetarian sausages. The only GF sausage that we could find was the Taifun tofu sausage – which does not include any wheat although it does include oat-meal.

FREE OF:	OAT	WHEAT	GLUTEN	SOYA	YEAST	SULPHITES	DAIRY	INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK.	TASTE	AVAILABILITY / COST PER 100G
<b>MEAT</b>										
<b>Asda</b> pork	Y	Y	Y	N	Y	N	Y	Pork shoulder, pork belly, water, soya protein concentrate, soya protein isolate, salt, black pepper, nutmeg, mace, coriander, ginger, bay, <b>E221</b> , <b>E450</b> , <b>E300</b> , beef protein casing	Interesting fruity hint, tasty flavour, okay, crispy skin but very dry in the middle, chewy skin and insides, bland almost cardboardy, tough, tastes like lemon 7.1/10	41p SM,W
<b>Debbie &amp; Andrew</b> pork	Y	Y	Y	Y	Y	N	Y	Pork shoulder, salt, spices, water, wine vinegar, grape must, <b>E220</b> , <b>E221</b> , beef protein casing	Nice warm spices, flavoursome, nice peppery flavour, well seasoned, slightly tough skin but a good standard sausage, nice coarse texture, spicy like a savoloy 9/10	59p SM,W
<b>Graig Farm</b> lamb & mint	Y	Y	Y	Y	Y	Y	Y	Lamb, rice flour, water, dried mint, coriander & rosemary, sea salt, pepper, natural casing	Minty and mild, tasty, smells delicious, tastes gorgeous, strong, rich and delicious lamb flavour, not good texture, bitty, sausage with a twist 9/10	95P D,FS,O,SM,W
<b>Graig Farm</b> pork & garlic	Y	Y	Y	Y	Y	Y	Y	Pork, rice flour, water, sea salt, pepper, garlic powder, natural casing	Good balance between crisp outer and soft inner, nice texture and flavour, very herby, a bit like pepperami, dry, bitty, crumbly, not good flavour 7/10	85P D,FS,O,SM,W
<b>Meadowfresh</b> pork	Y	Y	Y	Y	Y	N	Y	Pork, water, <b>E221</b> , <b>E300</b> , <b>E120</b>	Unusual flavour but quite good, well seasoned, good crispy skin, soft spongy insides, a little bland, not very flavoursome, rather greasy, lacking seasoning 7.4/10	70P W
<b>Meadowfresh</b> tomato & pork	Y	Y	Y	Y	Y	N	Y	Pork, tomato puree, water, <b>E221</b> , <b>E300</b> , <b>E120</b>	Looks like chorizo, lovely tomato taste, very soft and spongy, not good taste, too much tomato, tastes of iron, rather chunky texture, dry and mealy, little meat flavour 6.5/10	70P W
<b>Musk's</b> Newmarket	Y	Y	Y	Y	Y	N	Y	Pork, rice, water, spices, salt, natural casing, <b>E221</b>	Like cloves and Christmas, gently spicy, quite tasty, very peppery, nice moist skin looks moreish, uneven seasoning, lingers in the mouth, flavour too strong, 7.5/10	85p W
<b>Richard Woodall</b> Cumberland (unsmoked)	Y	Y	Y	Y	Y	Y	Y	Pork, salt, pepper	Good meaty texture and depth of flavour, peppery, strong, nice juicy taste, spicy, smell is a little off-putting, a touch too processed 9/10	75P D,FS,O,SM,W
<b>Tesco</b> thick pork	Y	Y	Y	Y	Y	N	Y	Pork, water, brown rice, potato, tapioca & pea starch, salt, nutmeg, black & white pepper, ginger, coriander, mace, dextrose, pea protein, <b>E223</b> , natural flavouring, sage, thyme, chilli powder, <b>E300</b> , pork collagen casing (nuts)	Good but lacking a good herb or spice tang, mild flavour, probably good for children, inoffensive, soft centred, not crispy enough skin, skin a bit thick 7/10	39p SM,W
<b>Waitrose</b> pork	Y	Y	Y	Y	N	Y	Y	Pork shoulder, pork belly, pork fat, water, rice, salt, rice flour, sugar, autolysed yeast, <b>E450</b> , ginger, pimento, sage, pepper, <b>E223</b> , <b>E301</b> , cayenne, mace, nutmeg, hog casing	Yummy, moist and well herbed, wonderful crispy skin, lovely ‘quality’ sausage flavour, delicious, skin slightly detached from innards, crumbles in the mouth 9.5/10	52P SM,W
<b>VEGETARIAN</b>										
<b>Taifun</b> tofu	N	Y	N	N	N	Y	Y	Water, soya beans, nigari, <b>E516</b> , sunflower oil, oatmeal, sea salt, yeast extract, potato starch, leek, carrots, nutmeg, parsley, celery, pepper, coriander, garlic, ginger, mace, oregano	Clove taste, spongy, almost melts in the mouth, which it shouldn't, looked unattractive, uninspiring, salty, rubbery 6.5/10	£1.20 O,SM,W

## E NUMBERS:

**E120 = COCHINEAL; E220 = SULPHUR DIOXIDE; E221 = SODIUM SULPHITE; E223 = SODIUM METABISULPHITE;**

**E301 = SODIUM ASCORBATE\*\*;** **E450 = DIPHOSPHATES\*;** **E300 = ASCORBIC ACID\*;** **E516 = CALCIUM SULPHATE\***  
(green\*\* = safe and/or beneficial, green\* = safe for most people, orange = caution advised, red\* = best avoided. Ref: *What's Really in your Basket?* by Bill Statham – published by Summersdale)

## AVAILABILITY:

D – Delicatessens, FS – Farm Shops, HFS – Health Food Stores, MM – Most Multiples, SM – Some Multiples, W – Website (Multiples = Supermarkets)

## MANUFACTURERS/SUPPLIERS:

**Asda**  
0845 300 1111 [www.asda.com](http://www.asda.com)

**Debbie & Andrew's**  
0800 7836481 [www.debbieandandrews.co.uk](http://www.debbieandandrews.co.uk)

## Graig Farm

01597 851655 [www.graigfarm.co.uk](http://www.graigfarm.co.uk)

## Meadowfresh

01246 277886 [www.meadowfresh.co.uk](http://www.meadowfresh.co.uk)

## Musk's

01638 662626 [www.musks.com](http://www.musks.com)

## Richard Woodall

01229 717237 [www.richardwoodall.co.uk](http://www.richardwoodall.co.uk)  
[www.britishfinefoods.com](http://www.britishfinefoods.com)

## Taifun

(+49) 761 15210 0 [www.taifun-tofu.com](http://www.taifun-tofu.com)  
0871 871 6611 [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)

## Tesco

0845 7225533 [www.tesco.com](http://www.tesco.com)

## Waitrose

0800 188 884 [www.waitrose.com](http://www.waitrose.com)