

Cholesterol-Friendly Smoked Sausage

CHAT-0104 / REV EXPORT-03 / 2026.03.03

A conversation-specific public summary of cholesterol-friendly smoked sausage, distilled from the supplied export. The detailed excerpts remain available in the released note file.

STATUS	RECOVERED / SPECIFIC NOTE
CLASSIFICATION	DAT
MATERIAL	CHAT EXPORT / FOOD & RECIPES
DISPOSITION	PUBLIC CONVERSATION EXCERPTS / REDACTED
CATEGORY	Food & Recipes
RECORD TYPE	recipe-thread

TECHNICAL NOTES

Conversation-specific knowledge extracted from the cholesterol-friendly smoked sausage discussion.

A RECIPE TO MAKE / ADDED TO THIS RECORD

Uses the requested Impossible ground in a fully cooked refrigerated loaf. It makes no claim to lower cholesterol or LDL; current package nutrition still matters.

Added 2026-09-15. Separate from the original notes; not a claim of a tested batch.

PEPPERY IMPOSSIBLE SAUSAGE-STYLE LOAF

New cooked recipe honoring the specific Impossible-meat request and the wish to avoid added cheese/coconut oil. The manufacturer supports its cooking endpoint; this exact loaf formula and any health effect are not claimed to be tested.

YIELD	8 snack portions from a 12-oz package
PREP / WAIT	15 minutes
COOK	About 30-45 minutes at 350°F; verify at least 160°F throughout

RECIPE INGREDIENTS

- 12 oz Impossible Ground Beef Meat From Plants, cold
- 1/4 cup oat flour
- 2 tablespoons cold water
- 1 teaspoon whole yellow mustard seed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon food-grade liquid smoke, or the label's lower amount if concentrated

RECIPE METHOD

1. Heat the oven to 350°F and line a small rimmed baking pan with parchment. Keep the plant-based ground refrigerated until mixing.
2. Mix the oat flour, water, mustard seeds and seasonings. Work into the cold plant-based ground until evenly combined. Add no curing salt.
3. Shape into two short logs about 1 1/2 inches in diameter. Bake immediately; begin checking the centers after 30 minutes. Continue until both logs measure at least 160°F, or a higher endpoint required by the current product label.
4. Let stand 5 minutes for handling, then divide into small portions for prompt refrigeration. Keep at 40°F or below and use within 3-4 days or freeze; chill fully before slicing. Reheat leftovers to 165°F.

RECIPE NOTES & STORAGE

- This is a newly developed cooked plant-based loaf, not cured, fermented or shelf-stable summer sausage. The oat flour is a binder; texture needs a first kitchen test.
- No cheese, additional coconut oil or extra salt is added. Impossible products still contain sodium and may contain saturated fat; compare the current package nutrition with your dietary targets. No cholesterol-lowering or LDL benefit is claimed.

RECIPE BASIS & REFERENCES

Impossible Foods: Fully cooked ground-meat endpoint

<https://impossiblefoods.com/hk/nutrition/plant-based-impossible-ingredients>

Impossible Foods: Loaf preparation example

<https://impossiblefoods.com/recipes/meatloaf>

USDA FSIS: Leftovers and Food Safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

ORIGINAL RECORD / RETAINED NOTES

CONVERSATION / QUESTION AND CONTEXT

How would I go about making a smoked summer sausage using impossible meat that is still good for my cholesterol issue

CONVERSATION / EXTRACTED GUIDANCE

1. Impossible ground (regular)
2. Extra binders for sliceability
3. Real smoke flavor
4. Very low added saturated fat
5. No coconut oil additions
6. --
7. Impossible has 0 dietary cholesterol
8. Saturated fat is moderate but far lower than pork summer sausage

SPECIFICATION

SOURCE	Supplied ChatGPT export
CATEGORY	Food & Recipes
CONVERSATION	1 user turns / 1 assistant turns
ATTACHMENTS	1 references detected
PUBLIC DETAIL	Extracted knowledge + excerpts

DEVELOPMENT HISTORY

2026.03.03 / EXPORT-04

Matched to the supplied export; key guidance is surfaced separately and the raw transcript remains unpublished.

RELEASED MATERIAL / SOURCE LINKS

CHAT-0104-public-note.txt

PUBLIC-SAFE CONVERSATION NOTE / UNIQUE FILE

<https://u225x.com/downloads/chat-records/CHAT-0104-public-note.txt>

RETURN TO THE LIVING RECORD

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This PDF preserves the public notes at this revision. Visit the record for updates and attached images.

<https://u225x.com/record/CHAT-0104>