

# **SAUSAGE RECIPES**

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## Polish Sausage

- 2 lb. Pork butt or shoulder
- 2 teaspoon salt
- Black pepper to taste
- 1 1/2 teaspoon sugar
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried basil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon mustard seeds
- 1/2 teaspoon dried marjoram
- 1/3 c Plus 1 teaspoon ice-cold water

Cut pork into 1 1/2 " cubes, trimming all gristle and bone. Pass through a meat grinder with a coarse blade. Put pork in a large stainless or ceramic crock or bowl. Mix the dry spices in a small bowl. Using your hands, toss the meat while adding the spices a small amount at a time. When half the spices are in, add half the ice water. Mix keeping the meat as loose as possible. Add remaining spices & water as above. At this point you may fry a small patty of the meat to test for seasonings. Adjust if necessary.

Refrigerate the sausage mix overnight

Stuff the mix into about 5' of rinsed casings, tying off links at about 8" lengths.

You may grill, steam or fry the sausages as you prefer.

## Garlic Kielbasa

Also called *kielbasy* or *Polish sausage*, this smoked sausage is usually made of pork, though beef can also be added. It comes in chunky (about 2 inches in diameter) links and is usually sold precooked, though an occasional butcher will sell it fresh. Kielbasa can be served separately or cut into pieces as part of a dish. Even the precooked kielbasa tastes better when heated.

- 4 teaspoon coarse (kosher) salt
- 1 3/4 teaspoon ground black pepper
- 3 tablespoon sweet Hungarian paprika
- 1 teaspoon dried marjoram, crumbled
- 1/2 teaspoon dried savory, crumbled
- 2 teaspoon finely minced garlic
- 10 oz trimmed beef shin, cut into 1/2" dice and chilled
- 16 oz fresh pork fat, cut into 1/2" dice and chilled
- 1/3 c ice water
- 1 1/4 lb. lean, trimmed pork, cut into 1" dice and chilled

Mix together in a small bowl the salt, pepper, paprika, marjoram, savory, and garlic. In the container of a food processor combine the beef, half the pork fat, half the ice water, and half the mixed seasonings (see step 1) and process to a very fine grind. Scrape into a mixing bowl.

In a bowl combine the remaining seasonings, the pork, remaining pork fat, and remaining water. Process half of the mixture at a time to a coarse grind and add to the beef. Mix together very thoroughly, cover, and chill for 24 hours.

Stuff the sausage into casings, tying links at 10" to 30" intervals, depending upon your preference. Both sizes (and everything in between) are considered traditional. Hang the sausages in a cool, airy place for several hours at least, or until the skin is smooth, dry, and crackley.

If it's too hot or humid to hang the sausages, refrigerate them, uncovered, for at least 12 hours.

To store, refrigerate for up to 3 days, or freeze for longer keeping.

To cook: Place one or more sausages in a large skillet with water to come halfway up them. Bring to a simmer and cook for about 8 minutes, then turn and cook for about 8 minutes on the other side. Pour off the water, prick the sausages, and cook them over moderate heat until browned on both sides.

## Boerewors

This is a very traditional South African sausage.

Boerewors is another inheritance from Grant's South African pioneering forefathers who used to combine minced meat and cubed spek (pork fat) with spices and preservatives (vinegar) which were freely available from the then Cape Colony. The self sufficient South African farming community wasted nothing. When a beast was slaughtered in winter, all parts were used, including the trotters which were used for making brawn, and the intestines which were used as casings for home-made sausage. Every farmer's wife prided herself on her own special recipe for making sausage. The fillings ranged from beef and mutton to game meat or even game offal encased in game intestines and called Skilpad and Pofadder.

During their trek through the hinterland large quantities of wors would be made during their outspan (stopover) and that which could not be eaten would be hung to dry and taken along for sustenance as they continued their explorations.

In the decades that followed this type of wors gradually evolved and the term "Boerewors" became entrenched in our culture.

Up until the early 1960's boerewors in South Africa was known only as boerewors and by no other name. Thousands of butchers vied with each other to produce, in their opinion, the best "boeries" you could find anywhere. Competition was fierce, the consumer was happy! The unique taste of boerewors was enhanced by making adjustments to the quantities of the traditional ingredients used. Some masterful "boeries" was, and still is, produced with the creators jealously guarding the mix of their magic potions.

From the 60's onward however, the character of the traditional boerewors taste was experimented with by entrepreneurs who added a host of additional flavours to the boerewors taste. Copious quantities of barbecue spice, onion, tomato, garlic, cheese, chillies, peppers, chicken and, you name it, were added in order to diversify the taste of the good old "boeries". On the market was now garlic wors, chilli wors, cheese wors, chicken wors etc. etc. Many consumers, naturally, enjoyed these variations. Others, obviously, called it sacrilege. These additions to the taste of boerewors had, however, come to stay and are still freely available today.

The 60's, unfortunately, also experienced the advent of inferior quality boerewors

that was sold at bargain prices to the poor but contained inferior ingredients. Although the traditional and "new type" spices were still used, inferior meat such as offal, bone meal and soya became the main ingredients. To contain this mixture the thickest possible sausage casings were used in order to avoid the wors from rupturing during cooking.

Public outcry soon curtailed the production of this boerewors abomination as the perception that "cheap wors is bad wors" soon resulted in this product not moving from the retail shelves. Unfortunately, to this very day, a boerewors producer will tempt the bargain hunter with inferior wors.

The secret in the making of good boerewors lies in the quality of the ingredients used. The better the quality of the meat the better tasting the boerewors.

- 1.5 kg beef (Use shoulder or chuck)
- 1.5 kg pork (Use boston butt)
- 500 g bacon, diced
- 25 ml salt
- 5 ml ground pepper
- 50 ml ground coriander
- 2 ml freshly grated nutmeg
- 1ml ground cloves
- 2 ml ground dried thyme
- 2 ml ground allspice
- 125 ml red wine vinegar
- 1 clove garlic, crushed
- 50 ml Worcestershire sauce
- 85 g sausage casings

Cut the beef and pork meat into 1.5 " cubes and mix it with all the other ingredients except the sausage casings. Grind the meat using a medium-course grinding plate. Fill the sausage casings firmly but not too tightly with the meat mixture.

Can be fried, grilled or barbecued over coals.

## Droewors

This is also a very traditional South African sausage and is made much the same way as boerewors, except that pork and pork fat are not used (pork fat tends to go rancid). Saltpetre is sometimes added as a preservative but will give the meat a reddish color, instead of the more traditional dark black color.

To improve the flavor, droewors may be smoked after a day of hanging, then returned to continue the drying process. Droewors and smoked droewors can be frozen for up to two months in an airtight container.

### Farm-Style Droewors (Makes about 4 kg's)

- 4.5 kg beef (Use shoulder or chuck)
- 2.5 kg fatty mutton (Use breast or shoulder)
- 15 ml ground cloves
- 15 ml grated nutmeg
- 12 g whole coriander
- 90 g fine salt
- 15 ml brown sugar
- 400 ml vinegar
- 90 g mutton sausage casings

### Traditional Droewors (Makes about 3 kg's)

- 4.5 kg beef (Use shoulder or chuck) or mutton (Use breast or shoulder)
- 1 kg sheep's tail fat
- 5 ml ground cloves
- 20 g whole coriander
- 34 g fine salt
- 10 ml freshly ground black pepper
- 90 g mutton casings

Place the coriander seeds in a dry frying pan and heat, stirring constantly until they become light brown. Remove them to a coffee grinder or pestle and mortar and crush the coriander seeds. Pass the crushed seeds through a sieve to remove the husks.

Cut the meat into 50 mm cubes, and mix together with all ingredients except the

vinegar and casings. Mince the meat using a grinder with a coarse blade. Sprinkle the vinegar over the minced meat mixture and mix lightly (If you work too much with the meat, it will lose the coarse consistency)

Prepare the casings and stuff the mixture loosely into them.

Dip the sausages in a mixture of 4.5 litres boiling water and 350 ml vinegar, then hang them over wooden rods that are thick enough in diameter to prevent the inner surfaces of the sausage from touching.

Dry the sausage in a cool draughty place for 24 hours, then remove the sausage and flatten by rolling across a cutting board, so that any pockets of air in the sausage or between the sausage and the casing are removed. (These air pockets can cause mould to set in when the sausage is drying). Put the sausage back over the wooden rods and continue to dry to your taste. This will normally take about 2 weeks.



## Bratwurst

- 3 feet small (1-1/2-inch-diameter) hog casings
- 1 1/2 lb. lean pork butt, cubed
- 1 lb. veal, cubed
- 1/2 lb. pork fat, cubed
- 1/4 teaspoon ground allspice
- 1/2 teaspoon crushed caraway seeds
- 1/2 teaspoon dried marjoram
- 1 teaspoon freshly ground white-pepper
- 1 teaspoon salt, or to taste

Prepare the casings.

Grind the pork, veal, and pork fat separately through the fine blade of the grinder.

Mix the ground meats and grind again.

Add the remaining ingredients to the meat mixture and mix thoroughly.

Stuff the mixture into the casings and twist off into four or five-inch lengths.

Refrigerate for up to two days.

Bratwurst can be pan fired or grilled over charcoal.

## Chorizo

A highly seasoned, coarsely ground pork sausage flavored with garlic, chili powder and other spices. It's widely used in both Mexican and Spanish cookery. Mexican chorizo is made with fresh pork, while the Spanish version uses smoked pork. The casing should be removed and the sausage crumbled before cooking. Chorizo makes a tasty addition to many dishes including casseroles, soups, stews and enchiladas.

- 20 Sausage casings (pork casings for authentic links)
- Vinegar
- 2 lb. lean pork trimmings
- 8 oz beef or pork fat
- 2 medium onions, quartered
- 8 cloves garlic, pressed
- 1/2 cup cider vinegar
- 1/4 cup Tequila (optional)
- 1/4 cup ground red chile
- 1 teaspoon ground cinnamon
- 1 1/2 teaspoon ground cumin
- 1 teaspoon ground Mexican oregano
- 1 tablespoon salt

Clean the casings, rinse well with water, and then pour vinegar through them. Set aside.

Use a food processor or the coarse blade of a meat grinder, grind the meat and fat.

Add the onions, garlic, vinegar, tequila and seasonings, and chile to taste.

First cut the casings into 3-ft lengths and tie one end.

Stuff each length of casing, tying 4-inch intervals with heavy thread.

Place on a cookie sheet covered with wax paper and refrigerate.

After a day, freeze what you will not use within a week or two.

You should allow the flavors in the meat to develop for at least 8 hours before using.

## Sicilian Sausage

- 5 Feet med. (2-in diameter) casing
- 4 1/2 lb. lean pork butt, cubed
- 1/2 lb. pork fat, cubed
- 2 1/2 tablespoon salt, or to taste
- 3 teaspoon freshly coarse ground black
- 3 teaspoon fennel seed
- Crushed red pepper to taste
- 2 Cloves garlic, finely minced
- 1 teaspoon anise seed (optional)

Grind the meat and fat together through the coarse disk.

Mix the remaining ingredients together with the meat and fat.

Stuff the mixture into casings and twist off into three or four-inch links.

Refrigerate and use within three days or freeze.

## Hot-Sweet Italian

This favorite pizza topping is a coarse pork sausage, generally sold in plump links. Italian sausage is usually flavored with garlic and fennel seed or anise seed. It comes in two styles: **hot** (flavored with hot, red peppers) and **sweet** (without the added heat). It must be well cooked before serving, and is suitable for frying, grilling or braising. The recipe below is a hybrid of hot and sweet.

- 15 pounds boned pork butts
- 2  $\frac{3}{4}$  cups very cold red wine (Cabernet Sauvignon works nicely)
- 7 tablespoons kosher salt
- 7 tablespoons fennel
- 6 tablespoons ground black pepper
- 1 tablespoon ground coriander
- 3 teaspoons red pepper flakes
- 2 teaspoons oregano
- 1 $\frac{1}{2}$  teaspoons garlic powder
- 1 $\frac{1}{2}$  teaspoons sugar
- 1 $\frac{1}{2}$  teaspoons caraway seed
- 1 teaspoon MSG

Grind all of the pork butts through a one-quarter inch or three-eighths inch plate. Refrigerate the ground pork until well chilled - ideally 32 to 34 degrees Fahrenheit.

When the meat is chilled, thoroughly mix the remaining ingredients in a bowl. In a large bowl or lug, thoroughly mix the wine and spice mixture with the ground pork. Immediately stuff into 32mm to 35mm hog casings. Hang the stuffed sausage in a cool place until the casings are dry to the touch. Refrigerate or freeze immediately after drying.

If you do not have a sausage stuffer, you can store the sausage in patties or in bulk. Refrigerate or freeze as desired.

## Chipolata Sausage

The ultimate cocktail sausage. This is the King of English sausage. The basic banger was created from this recipe.

- 7 1/2 pounds pork butts
- 1 pound pork fatback
- 1 tablespoon sage
- 1 teaspoon dried onion flakes
- 1 teaspoon thyme
- 1 teaspoon mace
- 1 1/2 tablespoons salt
- 6 ounces bread crumbs
- 1 tablespoon pepper
- 1 pint water
- 1 pint water

Grind the meat and fatback through a 3/8 plate

Mix the herbs and seasonings in the water and chill.

Using a food processor puree the meat and chill. Add the herbs, spices, and seasonings to the water then the bread crumbs.

Chill meat mixture.

Using 28mm casings, stuff the mixture into 1-inch links and refrigerate.

Grill, sauté or cook in the oven, as you prefer and serve at once.

## Andouille

Andouille is the Cajun smoked sausage so famous nationally today. Made with pork butt, shank and a small amount of pork fat, this sausage is seasoned with salt, cracked black pepper and garlic. The andouille is then slowly smoked over pecan wood and sugar cane. True andouille is stuffed into the beef middle casing which makes the sausage approximately one and a half inches in diameter. When smoked, it becomes very dark to almost black in color. It is not uncommon for the Cajuns to smoke andouille for seven to eight hours at approximately 175 degrees.

Traditionally, the andouilles from France were made from the large intestines and stomach of the pig, seasoned heavily and smoked. In parts of Germany, where some say andouille originated, the sausage was made with all remaining intestines and casings pulled through a larger casing, seasoned and smoked. It was served thinly sliced as an hors d'oeuvre. It is interesting to note that the finest andouille in France comes from the Brittany and Normandy areas. It is believed that over half of the Arcadian exiles that came to Louisiana in 1755 were originally from these coastal regions.

- 15 pounds boned pork butts
- 15 tablespoons onion powder
- 4½ tablespoons kosher salt
- 3 tablespoon pepper
- 4½ teaspoons thyme
- 2 teaspoons ground allspice
- 2 teaspoons nutmeg
- 2 teaspoons cayenne pepper
- 2½ teaspoons sugar
- 2½ teaspoon paprika
- 1½ teaspoon ground bay leaf
- Cure, in the amount recommended on the package for 15 pounds of meat (1)
- 3 cups ice water

Grind all of the pork butts through a one-quarter inch or three-eighths inch plate. Refrigerate the ground pork until well chilled - ideally 32 to 34 degrees Fahrenheit.

When the meat is chilled, mix the water with the cure. Then thoroughly mix the remaining ingredients with the water / cure mixture. Then thoroughly mix the

water / cure / spice mixture with the ground pork. Immediately stuff into 32mm to 35mm hog casings.

Hang the sausage in your smoker. Start smoking at 135 degrees Fahrenheit with the vents slightly open for 20 minutes to dry the casings (2). Then increase the temperature to 165 degrees and continue smoking, applying medium smoke until the internal temperature of the sausage reaches 155 degrees. Immediately remove the sausage from the smoker and shower the sausage with water until the internal temperature of the sausage reaches 110 degrees. Allow the sausage to dry for 10 to 15 minutes and immediately package and place in the refrigerator or freezer.

(1) The active ingredient is sodium nitrite that may be found in different concentrations depending on which cure you use. Accordingly, you will need to follow the directions on the package.

(2) If your smoker does not have vents, as with a Cookshack smoker, allow the sausage to dry for 15 to 20 minutes before placing in the smoker and follow the manufacturer's instructions.

## Boudin Blanc

Boudin Blanc (or "white Boudin") is a wonderful Cajun sausage stuffed with pork and rice. Boudin is the French term for the blood sausage, or "pudding," made with the blood of the pig. Boudin Blanc is a white sausage made with pork but no blood. It's one of those food products that originated in frugality; the rice was meant to stretch the meat. Now, it's a unique and delicious treat all on it's own.

- 3 three foot long lengths hog sausage casing
- 3 lbs. boneless lean pork, trimmed of excess fat and cut into 1 1/2 inch chunks
- 4 cup coarsely chopped onions
- 1 medium bay leaf, crumbled
- 6 whole black peppercorns
- 5 teaspoon salt
- 1 cup coarsely chopped green pepper
- 1 cup coarsely chopped parsley
- 1/2 cup coarsely chopped green onions
- 1 tablespoon finely chopped garlic
- 2 1/2 cup freshly cooked white rice
- 1 Tablespoon dried sage leaves
- 2 1/2 teaspoon cayenne
- 1/2 teaspoon freshly ground black pepper

Put the pork in a heavy 4-5 quart casserole and add enough water to cover it by 1 inch.

Bring to a boil over high heat and skim off the foam and scum that rises to the surface. Add 2 cups of onion, the bay leaf, peppercorns and 1-teaspoon salt. Reduce heat to low and simmer, partially covered, for 1 1/2 hours. With a slotted spoon, transfer the chunks of pork to a plate. Put the pork, the remaining 2 cups of onions, the green pepper, parsley, green onions and garlic through the medium blade of a food grinder and place the mixture in a deep bowl. Add the rice, sage, cayenne and black pepper and the remaining 4 teaspoons of salt. Knead vigorously with both hands, then beat with a wooden spoon until the mixture is smooth and fluffy. Taste for seasoning.

Stuff sausage into casings.

You can cook the sausages immediately or refrigerate them safely for five or six days.



Before cooking a sausage, prick the casing in five or six places with a skewer or the point of a small sharp knife.

Melt 2 Tablespoon of butter with 1 Tablespoon of oil in a heavy 12-inch skillet set over moderate heat. When the foam begins to subside, place the sausage in the skillet, coiling it in concentric circles. Turning the sausage with tongs, cook uncovered for about 10 minutes, or until it is brown on both sides.

## Chaurice

This Creole pork sausage is an old local favorite dating back to the 19th Century, but isn't as easy to find as it once was. It would seem to have come to Louisiana with the Spanish, and was adapted to local custom and ingredients; the term is similar to the Spanish chorizo. It's great with white or red beans, and good for breakfast too, with eggs.

- 4 pounds lean fresh pork, butt or shoulder
- 2 pounds fresh pork fat
- 2 cups onion, finely minced
- 1 1/2 tablespoons garlic, finely minced
- 1 1/2 teaspoons cayenne
- 1/2 teaspoon chili powder
- 1 teaspoon crushed red pepper flakes
- 8 teaspoons salt
- 2 teaspoons freshly ground red pepper
- 2 teaspoons dried thyme leaves, crushed
- 5 tablespoons parsley, finely chopped
- 3 bay leaves, finely crushed
- 1/2 teaspoon allspice
- 3 yards small sausage casing (optional)

Cut the pork at fatback into small pieces.

Mix together and run once through the coarse disc of a meat grinder, into a large bowl. Add the seasonings and mix thoroughly until the stuffing is very smooth and well blended.

Make into patties, and use within three days or freeze.

You can also chaurice into casings; make each sausage about six inches in length.

## English Bangers

### Banger Seasoning

- 5 teaspoon ground white pepper
- 2 1/2 teaspoon mace
- 2 1/4 teaspoon salt
- 2 teaspoon ground ginger
- 2 teaspoon rubbed sage
- 1/2 teaspoon nutmeg

### Sausage

- 2 1/2 lb. boneless lean pork shoulder or loin cut in cubes
- 1 lb. fresh pork fat in cubes
- 1 1/2 cup dry bread crumbs
- 1 1/4 cup chicken broth
- 3 1/2 teaspoon Banger seasoning

Grind pork and fat together using plate of meat grinder.

Add Banger Seasoning and mix well.

Grind again.

Stuff mixture into casings and tie in 4-5 inch lengths.

This mixture will be too fine to form into patties.

Bake or sauté as you prefer.

## Breakfast Sausage

- 15 pounds boned pork butts
- 8 tablespoons kosher salt
- 5 teaspoons ground white pepper
- 3 tablespoons of rubbed sage
- 1½ teaspoons ginger
- 5 teaspoons nutmeg
- 5 teaspoons thyme
- 4 teaspoons cayenne pepper
- 3 cups ice water

Grind all of the pork butts through a three-sixteenths or one-quarter inch plate. Refrigerate the ground pork until well chilled - ideally 32 to 34 degrees Fahrenheit. When the meat is chilled, thoroughly mix the remaining ingredients in a bowl. In a large bowl or lug, thoroughly mix the water and spice mixture with the ground pork. Immediately stuff into 22mm to 24mm lamb casings. Hang the stuffed sausage in a cool place to dry to the touch, approximately 30 minutes. Refrigerate or freeze immediately after drying.

If you do not have a sausage stuffer, you can store the sausage in patties or in bulk. Refrigerate or freeze as desired.

## Summer Sausage

- 21 lb. lean meat
- 4 lb. beef fat
- 6 cups water
- 5 1/4 cups dried milk
- 1/2 cup sugar
- 1 cup + 2 tablespoons salt
- 1/2 cup mustard seed
- 6 tablespoons pepper
- 2 1/2 tablespoons liquid smoke
- 2 tablespoons cure
- 1 tablespoon + 1 teaspoon sodium erythorbate

Grind meat and fat through a 1/2-inch plate.

Mix in all ingredients after dissolving liquid smoke, cure and sodium erythorbate in the water.

Stuff in artificial or natural casings.

Cook in the smokehouse at 185 degrees Fahrenheit until an internal temperature of 152 degrees Fahrenheit is reached.

Shower with water to a temperature of 90 degrees Fahrenheit and allow to hang at room temperature for about 1 hour before refrigeration.