



FERMENTORSHIP

NEWS AND INFORMATION FOR MAKERS OF BREWED & FERMENTED FOODS & BEVERAGES

LEENERS, 9293 OLDE EIGHT RD, NORTHFIELD OH 44067 800-543-3697

WWW.LEENERS.COM

HOMEMADE SAUSAGES

The secrets to making great sausages are, quality meat, quality spices, and following instructions. You can use fresh meat from the supermarket and/or wild game. The meat you select will determine the quality and flavor of your sausage. It is a myth that good sausage is made from the parts of animals you would rather not know about. While this is true of cheap sausage, there is no reason to eat cheap. In the long run, the cost will be about the same once you consider the health benefits, nutrition value and flavor satisfaction of good quality homemade sausage.

As the sausage maker you control the fat content of your sausage but, there are some tried and true guidelines you need to know about. For any sausage to have flavor, it must contain a small percentage of fat. A well flavored sausage can be made with as little as 12% fat. Using less than this amount may result in a dry character which is like eating flavored saw dust. Good sausage can contain up to 20% fat. Using more than 20% may result in a sticky, flavorless sausage which can be difficult to cook.

It can be difficult to determine the fat content of meats in the supermarket case. The best way we have found to assure that your sausage will have the correct balance of lean and fat is to select whole cuts of meat rather than pre packaged ground meat. When selecting beef you should use chuck roast. When pork is called for, use pork shoulder. These cuts of meat contain a nice balance of lean and fat for making any sausage style.

You can prepare your own ground meats using an electric or hand grinder. This will give you complete control over freshness and degree of grind. Depending upon your equipment, dice the meat to fit your grinder. Usually 1 inch cubes are about right. Weigh the meat and measure out the correct amount of seasoning. Place the meat cubes into a large mixing bowl. Sprinkle on the seasoning while you toss and tumble the meat. Make sure all sides of the meat come into contact with the seasoning. Add all of the seasoning. Cover the seasoned meat and refrigerate for one hour. Cold meat will grind easier and have better texture. Toss the meat again and then grind as quickly as possible. The moisture produced by letting the meat rest in the refrigerator will aid in the grinding process. If no grinder is available, you should select fresh cuts of meat from your supermarket and ask the butcher to grind them.

Most sausage recipes will call for two or more types of meat. The primary meat is the one we most associate with a sausage style. Examples are pork for bratwurst or beef for pepperoni. The second meat is used for flavor and as a binder. The binder is ground very fine, almost into a sticky paste. It holds, or binds, the sausage together. As a rule the

ratio of binder to primary meat is 15 to 20%. An easy way to arrive at the right blend is to use 1/2 pound of binder with 2-1/2 pounds of primary meat. This will provide for three pounds of sausage. The primary meat in a recipe should be coarse ground in order to provide meatiness and firm texture.

Prior to weighting and blending individual types of meat, the ground meats need to be mixed well to assure an even distribution of the lean and fat particles.

When using red game meat like venison you must compensate for the very lean nature of the meat. You will need at least 30% to 40% pork binder in wild game recipes. Using 1 pound of pork binder in 2 pounds of lean red game is a good place to start.

Very lean and healthy sausage can be made from poultry. Turkey is an excellent source of nutrition and very low in fat. So low, that you will need to add some fat for flavor and even cooking. We recommend using the skin of poultry rather than the fat. Bird fat is very oily and offers little or no flavor on its own. Adding 10 to 15% skin as binder is a good place to start. You will need to adjust your recipes to your personal taste.

TO STUFF OR NOT TO STUFF

Traditional sausage making involves stuffing the finished sausage into casings. In most cases this requires a sausage stuffing machine. You can however, make any sausage style, including smoked and dried sausage, without stuffing them into casings.

One of the most convenient methods of storing and cooking fresh made sausage is the good old patty. After seasoning and mixing, you can form patties for the backyard grill for fry pan, then cook or wrap them for the freezer.

KNOCKWURST & BRATWURST FOR 15 LBS

Primary Meat:	14	pound	Pork Shoulder
Binder Meat:	1	pound	Beef Chuck

Weigh meat and measure out required seasoning (see seasoning package). Measure out 1 cup of ice cold beer, water or white wine. Combine seasoning with liquid stirring until all of the seasoning is wet. Add the mixture to the meat and blend it in. After all the seasoning has been added, keep mixing for 10 minutes. Work the meat between your fingers while making a fist. When you think you have mixed the meat and seasoning completely, mix some more. Place sausage into an air tight container and refrigerate for 2 hours.

Remove from the refrigerator and mix well for 5 minutes. If you do not have the ability to stuff the sausage into casings, the sausage can be formed into patties for frying or grilling. Raw patties should be kept frozen until ready for use. Fresh sausages will keep in the refrigerator for 2 days or in the freezer for up to 3 months.

POLISH SAUSAGE FOR 15 LB

Primary Meat: 13 pound **Pork Shoulder**

Binder Meat: 2 pound **Beef Chuck**

Weigh meat and measure out required seasoning (see seasoning package). Measure out 1 cup of ice cold beer, water or white wine. Combine seasoning with liquid stirring until all of the seasoning is wet. You may also add 3 tablespoons of Liquid Smoke if desired but only if you will be preparing the sausage in a conventional oven. Do not use Liquid Smoke if you intend to actually smoke the sausage. Stir until all of the seasoning is wet.

Slowly add the mixture to the meat a little at a time and blend it in. After all the seasoning has been added, keep mixing for 10 minutes. Work the meat between your fingers while making a fist. When you think you have mixed the meat and seasoning completely, mix some more. Place sausage into an air tight container or plastic bag and refrigerate overnight but no longer than 24 hours.

Remove from the refrigerator and mix well for 5 minutes.

If you do not have the ability to stuff the sausage into casings the sausage can be formed into patties for frying or grilling. Raw patties should be kept frozen until ready for use.

The best way to prepare Polish sausage is to stuff it into natural hog or collagen casings. These can then be cooked or smoked as follows.

Once the sausage is stuffed tie off the open end. Allow the sausage to reach room temperature before cooking. The sausage must be cooked or smoked slowly at low heat until the internal temperature reaches 160 degrees F.

Conventional Oven: Lay the sausage on a rack or hang it from the rack. Cook at the lowest temperature possible (150 to 180 degrees) for one hour. Leave the oven door open a crack during this time.

Increase the oven temperature to 180 to 200 degrees and cook until the internal temperature of the sausage reaches 156 degrees. Cooking time will vary with the size and pack of the sausage.

Smoker: Follow the instructions for conventional oven for the first hour. The sausage must be dry to the touch prior to smoking. Start smoking at 140 degrees for 1 hour. Increase temperature to 160 degrees and cook for 30 minutes. Let smoke stop and increase temperature to 180 degrees. Cook until internal temperature reaches 156 degrees.

Allow sausage to cool then refrigerate over night. Cooked sausage will keep in the refrigerator for 1 week or can be frozen for up to 3 months.

REGULAR & SAGE SAUSAGE

Fine Ground Pork Shoulder

Weigh meat and measure out required seasoning (see seasoning package). Measure out 1/4 cup of ice cold water per pound of meat. Combine seasoning with liquid stirring until all of the seasoning is wet. Add mixture to the meat and mix for 10 minutes. Place sausage into an air tight container

or plastic bag and refrigerate for 1 hour.

Form the sausage into patties of any size or use your sausage stuffer to fill casings for links. Fresh sausage will keep in the refrigerator for 3 days or can be frozen for 3 months.

SUMMER SAUSAGE FOR 3 LBS

Primary Meat: 2-1/2 pound **Beef Chuck (fine)**

Binder Meat: 1/2 pound **Pork Shoulder (coarse)**

The sausage casing supplied with this kit is 2-1/2" in diameter and about 20" long. It will hold three pounds of seasoned meat. Place the casing in warm water while you prepare the seasoning.

Weigh meat and measure out required seasoning (see seasoning package). Measure out 1/4 cup of ice cold beer, water or wine per pound of meat. You may add additional fresh herbs and spices at this time and/or liquid smoke to taste. *Do not add salt.* Combine seasoning with liquid stirring until all of the seasoning is wet. Slowly add the mixture to the meat a little at a time and blend it in. After all the seasoning has been added, mix for 15 minutes.

Stuff the sausage into the casing using a horn and push if you have one. If you do not have any stuffing equipment, your sausage can be stuffed by hand with no trouble. Turn the casing inside out until you have a pocket at the tied end. Use a large spoon to push the seasoned meat into the pocket. Pack the meat in tight. Unfold the casing as you go.

Once the sausage is stuffed, use a cotton string to tie off the open end. Place the sausage in the refrigerator for no more than 24 hours. Turn the sausage 1/4 turn every 4 to 6 hours. This will keep the moisture from settling.

Remove the sausage from the refrigerator 2 hours prior to cooking. Your summer sausage must be cooked or smoked slowly at 180 to 200 degrees until the internal temperature reaches 156 degrees. ***Follow cooking instructions given for Polish Sausage.***

Allow sausage to cool then refrigerate over night. Finished sausage will keep in the refrigerator for 1 week or frozen for up to 30 days.

HOT & SWEET ITALIAN SAUSAGE

Coarse Ground Pork Shoulder

Weigh meat and measure out required seasoning (see seasoning package). Measure out 1/3 cup of ice cold red wine per pound of meat. You may add additional fresh herbs, onion, garlic and spices at this time. *Do not add salt.* Combine seasoning with liquid stirring until all of the seasoning is wet. Add the mixture to the meat and blend it in. After all the seasoning has been added, keep mixing for 10 minutes. Work the meat between your fingers while making a fist. When you think you have mixed the meat and seasoning completely, mix some more. Place sausage into an air tight container or plastic bag and refrigerate for 1 hour.

Remove from the refrigerator and mix well for 5 minutes. If you do not have the ability to stuff the sausage into casings, the sausage can be formed into patties for frying or grilling. Raw patties should be kept frozen until ready for use. Fresh sausages will keep in the refrigerator for 2 days or in the freezer for up to 3 months.