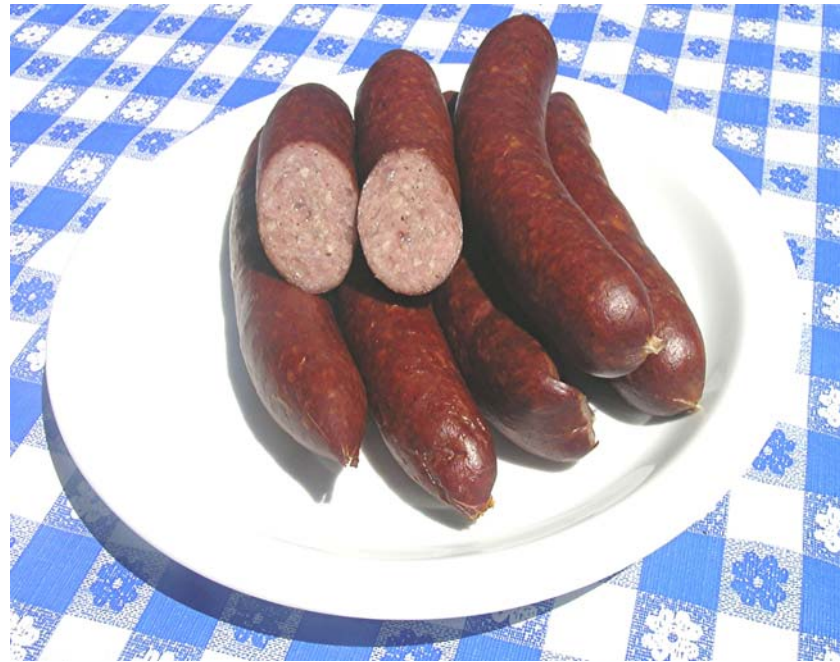


Smoked Sausage, Peasant Style - Bauernwurst

U.S.	Ingredient	Metric	Percent
3½ lb.	Pork, lean	1600.0 g	67.75
1¼ lb.	Belly meat	575.0 g	24.35
¼ lb.	Pig skin	125.0 g	5.30
4 tsp.	Salt	28.0 g	1.20
1 Tbs.	Dextrose	9.0 g	0.40
1 tsp.	Cure #1	6.0 g	0.25
¾ tsp.	Marjoram	5.0 g	0.20
2 tsp.	Pepper, black	5.0 g	0.20
1½ tsp.	Onion powder	4.0 g	0.17
1½ tsp.	Caraway seed	3.0 g	0.13
¾ tsp.	Nutmeg	1.5 g	0.06
	38 mm casings		
5¼ lb.	← Totals →	2.4 Kg	100%



Note: Use metric weight & volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurements.

Method:

1. Poach the pig skin for 10 minutes, set aside to cool.
2. Keeping them separate, cut the pork meat, pork belly and skin into cubes or squares adding in the salt, cure and sugar to the to them in proportion to their weight. Refrigerate in a separate bowls overnight.
3. Grind the pork skin through the medium (3/8" or 10mm) plate and then twice through the fine (3/16" or 4.5mm) plate.
4. Grind the pork meat and the belly through the medium (3/8" or 10mm) plate two times.
5. Mix the all the ground meats well, adding in the remaining ingredients.
6. Grind the mixture once more through the fine (3/16" or 4.5mm) plate. (The idea is a very finely minced paste.)
7. Stuff into large 38mm hog casings and tie off into 6-inch (15 cm) lengths. Try to make each sausage about ¼ lb. (110 g).
8. Hang the sausages at room temperature until the casings are dry to the touch.
9. Smoke at 85°F (30°C) for 30 minutes, then at 130°F (54°C) for 3 hours; raise the temperature to 180°F (82°C) and cook to an internal temp of 160°F (71°C)
10. To eat, sausage is warmed up 175°F (80°C) in hot beer for 10 minutes (or grilled) and served with plenty of mustard and sauerkraut.

Sigfried Heist – January, 2005
München, Bayern, Deutschland
Copyright © (All rights reserved)