

Bratwurst – Nürnberg style

U.S.	Ingredient	Metric
2½ lb.	Pork shoulder, 80% lean	1150.0 g
1½ lb	Veal, lean	680.0 g
1 lb.	Bacon, smoked *	454.0 g
4 tsp.	Salt	28.0 g
2 Tbs.	White pepper, ground	14.0 g
2 Tbs.	Caraway, whole seed	13.0 g
1 tsp.	Mace, ground	1.7 g
0.05 oz.	Citric acid (optional)**	1.0 g

22 mm hog casings

5 lb. ← Totals → **2.4 Kg**

* If you use pork trimmings instead of bacon, add some liquid smoke (to taste).

** Citric acid is an antioxidant and is added to preserve color. It can be left out without affecting the taste.

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



METHOD:

1. Cut the meats and bacon into pieces to fit your grinder and partially freeze them.
2. Grind the meats and bacon through small plate. Keep meat as close to 38°F as possible! Add an ice cube or two to push all the meat from the grinder.
3. Mix all dry ingredients and sprinkle them over meat. Mix them in well for several minutes.
4. Stuff into 22 mm hog casings and tie off into 8 inch (20 cm) links.
5. To cook: bring a pot of water to boil; lower to 170°F (76°C). Add the sausages and cover the pot and let them sit for 15 minutes. Grill to desired color over medium heat.

Since there are no preservatives in this sausage, refrigerate for no more than 4 days--or vacuum pack and freeze.

Len Poli – Sonoma, California

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