

Kielbasa – Fresh Polish-style Sausage

U.S.	Ingredient	Metric
4 ¾ lbs.	Pork shoulder (80% lean)	2100.0 g
¼ lb.	Beef chuck (80% lean)	110.0 g
1.0 oz.	Ice	31.0 g
4 tsp.	Salt	28.0 g
4 tsp.	Dextrose	12.0 g
2 tsp.	Sodium phosphate mix*	7.0 g
1 tsp.	Cure#1	6.0 g
1 tsp.	Mustard seed	3.5 g
1½ tsp.	White pepper	3.0 g
½ tsp.	Monosodium glutamate*	2.0 g
1 tsp.	Marjoram	1.3 g
½ tsp.	Nutmeg	1.2 g
½ tsp.	Garlic powder	1.0 g
	35 mm hog casings	
5 lb.	← Totals →	2.3 kg
* OPTIONAL		



Note: I 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 pork and beef into small cubes and chill until partially frozen.
2. Grind through the coarse (¼ inch or 6 mm) plate of a meat grinder.
3. Grind all the dry ingredient to a fine powder in a spice grinder.
4. Add the seasonings and mix thoroughly until the meat paste well blended.
5. Stuff into casing and tie off into 16-inch (40 cm) lengths, forming a ring.
6. Simmer in 180°F (82°C) water for 15 minutes.
7. Pan-fry in butter or grill before eating!

Len Poli – Sonoma, California

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