

Makanek – Lebanese Sausages

U.S.	Ingredient	Metric	Percent
2½ lb.	Red meat (100% lean)*	1134.0 g	42.94
2½ lb.	Fat*	1134.0 g	42.94
1¾ Tbs.	Salt	40.0 g	1.56
1 oz.	Pine nuts, whole	28.0 g	1.06
2 Tbs.	Cumin, ground	12.0 g	0.45
1 tsp.	Cloves, ground	5.0 g	0.19
1 tsp.	Nutmeg, ground	5.0 g	0.19
1/2 tsp.	Pepper, black, ground	5.0 g	0.19
1/2 tsp.	Pepper, white, ground	5.0 g	0.19
1 tsp.	Coriander, ground	5.0 g	0.19
1 cup	White wine	226.0 ml	8.56
3 Tbs.	Cognac	35.0 ml	1.32
1½ tsp.	White vinegar	6.8 ml	0.26
	Sheep casings		
5¾ lb.	← Totals →	2.6 Kg	100%

*Could be beef, lamb and/or pork, in Christian areas or all lamb or beef and lamb in Muslim areas.



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. Cube and partially freeze the meats and the fats and then grind them altogether through a medium (10mm or 3/8") then a fine (4.5mm or 3/16") plate.
2. Add the salt and spices to a spice grinder and pulverize; mix into the meat paste.
3. Add in the wine, cognac, vinegar and pine nuts to the paste and mix in a mixer for at least five minutes, until all is well amalgamated.
4. Stuff in to sheep casings and link them about 4½ to 5 inches long.
5. Sausages are then grilled.

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