

Medvurst or Göteborg Summer Sausage - Sweden

U.S.	Ingredient	Metric	Percent
3¾ lb.	Beef	1700.0 g	75.00
1¼ lb.	Pork trimmings	570.0 g	25.00
5 tsp.	Salt	36.5 g	1.60
5 tsp.	Dextrose	15.0 g	0.66
4 tsp.	Mustard, ground	13.2 g	0.58
5 tsp.	Pepper, black, coarse	10.5 g	0.45
4 tsp.	Cardamom seed, ground	8.0 g	0.35
2 tsp.	Sodium phosphates	7.2 g	0.32
2 tsp.	Garlic powder	6.0 g	0.26
1 tsp.	Cure #1	5.7 g	0.25
1 tsp.	Nutmeg, ground	2.2 g	0.10
¼ tsp.	Bactoferm LHP starter	0.4 g	0.02

Beef middles or 2-inch cellulose casings

5 lb. ← Totals → 2.4 Kg 100%



This formulation is based on metric measures; U.S. measures are approximate!

Procedure:

1. Cut the meat into 2" chunks and chill to 40°F [4.4°C].
2. Grind the chilled meats through a ¼" [6.5mm] plate.
3. Add the remaining ingredient and mix well.
4. Refrigerate and to allow overnight curing; then regrind through a 3/16" [4.5mm] plate.
5. Stuff into 2½-inch large beef middles or artificial casings and allow casing to dry "to touch" at room temperature.
6. Smoke at 130°F [54°C] for 4 hours; raise the temperature of the smoker to 170°F [76.6°C] and cook to an internal temperature of 150°F [65.5°C].
7. Remove from smoker and shower or dip in ice water until the internal temperature is below 100°F [37.7°C]; then allow casing to air dry.
8. Refrigerate for at least 12 hours before slicing.

**Len Poli – Copyright © April 2008 (All rights reserved)
Sonoma Mountain Sausage Company - Sonoma, California**