

Merguez (North African Sausage)

U.S.	Ingredient	Metric
2 lb.	Lamb*	900.0 g
2 Tbs.	Harissa paste**	25.0 ml
2 Tbs.	Paprika	16.0 g
1½ tsp.	Salt	14.0 g
4 tsp.	Onion, dried	10.0 g
1½ tsp.	Garlic, granulated	5.0 g
¾ tsp.	Peppercorns, black	2.0 g
½ tsp.	Coriander seed, ground	1.6 g
1 Tbs.	Coriander leaves, dried	1.2 g
½ tsp.	Cumin, ground	1.0 g
¾ tsp.	Oregano, dry	0.5 g
¾ cup	Ice water	175.0 ml
	Sheep casings, 24 mm	

* Variation: Use a mixture of lamb and beef.

**Tunisian spice blend, the key ingredient being an abundance of chili. Very hot, with extreme caution!

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 lamb into cubes or strips, partially freeze, and then grind through the fine grinder plate.
2. Thoroughly mix the salt with the meat; refrigerate.
3. Grind the following ingredients in a spice grinder or coffee mill to a fine powder: onion, peppercorns, coriander seed, and oregano.
4. Combine the ground spices and the remaining ingredients to the meats and blend well.
5. Stuff into 24 mm sheep casings and tie off into 5-inch links.
6. Refrigerate for 12 hours to allow the flavors to develop.
7. Grill or fry until well browned.

If you can't find prepared harissa, the following is one of several recipes:

4 oz. hot red chilies, dried, softened in hot water	¼ cup garlic, peeled
½ cup ground coriander	¼ cup salt
¼ cup ground cumin	½ cup olive oil

Just before grinding, dry-fry the coriander and cumin seeds. Using a blender, process the garlic, salt, ground coriander and cumin seeds, and drained red chilies to a paste, slowly adding olive oil until well combined.

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