

Baba's Polish Sausage

| U.S. | Ingredient | Metric |
|----------------|-----------------------|---------------|
| 5 lb. | Pork | 2270.0 g |
| ½ cup | Water | 125.0 ml |
| 4 tbsp. | Brown sugar | 44.6 g |
| 1 tbsp. | Salt | 22.0 g |
| 4 tsp. | MSG | 16.0 g |
| 1 tbsp. | Phosphate | 12.5 g |
| 4 tsp. | White pepper | 9.5 g |
| 4 tsp. | Garlic powder | 9.0 g |
| 1 tsp. | Cure #1 | 6.0 g |
| 1 ¼ tsp. | Liquid smoke | 6.0 g |
| 1 ½ tsp. | Mustard, yellow seeds | 5.0 g |
| 1 ½ tsp. | Coriander seed | 4.0 g |
| 1 ½ tsp. | Mace | 2.5 g |
| 1 tsp. | Winter savory | 1.5 g |
| 1/3 tsp. | Sodium erythorbate | 1.4 g |
| | 38 mm hog casings | |
| 5.5 lb. | ←Totals → | 2.5 Kg |



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

Procedure:

1. Chill raw pork until partially frozen; then grind pork through the fine plate.
2. Combine meat, dry ingredients, liquid smoke and water; blend to uniform mix.
3. Stuff into 38 mm hog casings.
4. Heat-process in smoker or cook-oven at 180°F(82°C); after 1 hour, apply heavy smoke for 30 minutes.
5. Cook sausage to an internal temperature of 160°F(72°C).
6. Chill to 90°F (32°C) by immersing into ice water; store in refrigerator at 39°F(4°C).

Glenn Shapley & Len Poli – Sonoma, California
Copyright © - August 2002 (All rights reserved)