

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).

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