

## Mettwurst

*Mettwurst* is classified as a *Rohwurst*, which in English means 'raw sausage'. Traditionally they are uncooked and are salted, cured or smoked and eaten raw. Process the mettwurst according to Federal Safety Inspection Service regulations Chapter III 318.10. Method No. 2. The pork and pork fat in this formula must be certified *Trichina*-free (or pork which is frozen in a home freezer, and kept 20 days at 5°F for meat blocks that are 6 inches or less in thickness or 30 days for meat blocks larger than 6 inches in thickness.)

| U.S.     | Ingredient              | Metric   |
|----------|-------------------------|----------|
| 2.5 lb.  | Pork, 15% fat           | 1150.0 g |
| 2.0 lb.  | Pork back fat           | 800.0 g  |
| 1.5 lb.  | Beef, 5% fat            | 680.0 g  |
| 5 tsp.   | Salt                    | 35.0 g   |
| 1.0 tsp. | Cure #2                 | 7.0 g    |
| 1/2 Tbs. | Sucrose                 | 6.5 g    |
| 1½ tsp.  | Ground white pepper     | 3.6 g    |
| 1.0 tsp. | Ground ginger           | 1.8 g    |
| ½ tsp.   | Ground paprika          | 1.0 g    |
| 1/3 tsp. | Ground cardamom         | 0.7 g    |
| 1½ tsp.  | Liquid smoke (optional) | 8.0 ml   |

Casings

6 lb.                      ← Totals →                      2.7 Kg

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

### Preparation:

1. Grind the fat through the 4.5mm (1/8") plate of the meat grinder; then grind the beef and pork
2. Add the above ingredients to meats; if you do not have a smoker, you may wish to add the liquid smoke at this time.
3. Hold the mixture at 37°F (2.7°C) while you prepare the casings.
4. Stuff in 50mm artificial or 40mm natural casings.
5. Incubate at 70°F (21°C) for 72 hours.
6. Place in smoker and apply cold smoke for three hours. Note: If you prefer a cooked mettwurst, then hot smoke at 185°F (85°C) to an internal temperature of 160°F (71°C).

The raw mettwurst should be firm, but spreadable. Remember mettwurst is a raw product; keep it refrigerated after smoking.

Serve spread on pumpernickel, rye or crusty country bread.

Len Poli – Sonoma, California

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