

Shawarma Sausage - Lebanon

Shawarma is a Lebanese BBQ'ed meat composed of thin sliced layers of poultry, beef, lamb or combinations of these meats that is roasted on a vertical spit, much like the Greek Gyro. This recipe takes that marinated meat, grinds it up and puts it in a sheep casing.



U.S.	Ingredient	Metric	Percent
2¼ lb.	Meat ¹	1000.0 g	71.60
2	Onions (medium)	150.0 g	10.74
5 cloves	Garlic	15.0 g	1.07
2	Cinnamon sticks	4.0 g	0.29
3 pods	Cardamom seeds	0.5 g	0.04
3 droplets	Gum Mastic ²	0.5 g	0.04
¼ nut	Nutmeg	0.5 g	0.04
2 leaves	Bay leaves dry	0.4 g	0.03
3 whole	Cloves	0.3 g	0.02
5 corns	Black pepper	0.2 g	0.01
6 corns	White pepper	0.2 g	0.01
¾ cup	Oil	175.0 mL	12.53
¼ cup	Vinegar	50.0 mL	3.58
¼ tsp.	Lemon peel to taste	1.0 g	0.07
¼ tsp.	Salt to taste	2.0 g	0.14
½ tsp.	Paprika optional	1.0 g	0.07
3 lb.	← Totals →	1.4 kg	100%

¹ Chicken breast fillet, beef steak, lamb (add some lamb fat for taste "no rule for that"...I would suggest about 20%)

² Gum mastic, called *masticha* in Greek, is a famous indigenous Greek spice, available in middle eastern markets



Method:

1. Slice the meats as thin as possible. It helps if the meats are slightly frozen.
2. Grind the cardamom seeds, gum mastic, nutmeg, cloves, and peppers in a spice mill.
3. Peel the onion and garlic.
4. Cut each onion into 6 pieces, through the root end so that the leaves do not separate.
5. Smash the garlic cloves.
6. Add all the ingredients, including the meats, and let marinate for at least 12 hours or overnight.
7. Remove all of the onion except 1 section, the cinnamon sticks and the bay leaves.
8. Add lemon zest to your taste (1 used the zest from ½ a small lemon), salt to taste (¼ tsp.) and paprika to taste (about ¼ tsp.)
9. Grind the meats through a fine plate (4.5mm or 3/16") back into the bowl with the oil and vinegar.
10. Mix all together well and stuff into large sheep casings.
11. Sausages may be grilled or fried, served in pita bread with chopped tomatoes, yogurt, thin sliced red bell pepper and tahini (sesame seed paste) or hummus.

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