

Thai Glass Noodle Sausage

(Sai Grök Wõo Sèn)

Each province, large city, or rural area in Thailand seems to have its own *sai grök* (sausage) formulation. This sausage is endemic to the western-central region, which includes the provinces of Nakhon Sawan and Chainat (my wife's home province). It is often sold at the local markets held weekly at Buddhist temples. Glass-noodles, rice and starch help keep the juices inside, and fish sauce provides the salt in this garlicky-sweet (and very regional) sausage.



Ingredients:

1 kg	Pork Shoulder, untrimmed
100 g	Cooked Jasmine Rice, chilled
100 g	Steamed Sticky Rice, chilled (see <i>Thai Issan Sausage</i>)
¼ cup	Thai Fish Sauce
2 Tbs.	Oyster Sauce
¼ cup	Garlic paste
4 tsp.	Palm Sugar (or Light Brown)
1½ tsp.	White Pepper
1 tsp.	MSG
2 Tbs.	Tapioca Starch or Potato Starch
40 g	Bean Thread Glass Noodles, extra fine (dry weight) [1½ oz]
6 ft.	1½" Diameter natural pork sausage casings

Preparation:

1. Cut the pork into ¾-inch cubes. Chill to a semi-frozen state. Grind through a ¼" plate.
2. Combine the ground pork with fish sauce, oyster sauce, garlic paste, palm sugar, white pepper, MSG, and starch. Mix well, and then marinate 1-hour in the refrigerator, or until ready to stuff and cook.
3. Boil water, and then cover the glass noodles in a small bowl. Soak for 3-minutes, then drain and cool. Cut the noodles into 1-inch sections. Pulse the rice 4 or 5 times in a processor.
4. Just prior to stuffing, mix the broken rice and cut glass noodles into the meat. Stuff into natural pork casings and tie off into links about 5- to 6-inches long. Cook within a few hours or freeze (the rice can sour at this point if left overnight, even in the fridge – which Thais often enjoy, but is not the style of this sausage).
5. To cook, slow-barbeque at least 6-inches above low-heat flameless coals, until caramelized and smoky on the outside, and meat is fully cooked inside (it should take about 20-minutes if the heat is right).



To serve, slice the cooked sausages diagonally into ½- to ¾-inch sections. Traditional accompaniments include whole red and green Thai bird chilies, fresh cabbage or lettuce leaves, sliced fresh cucumber, and almost invariably either beer or whiskey. I hope you enjoy this popular western central Thai sausage. *Chai-yo!*

Kirk Mazzia - June 2006
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