

Beef Griller

Beef sausages are notoriously dry, but the addition of textured soy protein and sausage phosphates make these sausages nice and moist.

U.S.	Ingredient	Metric	Percent
4 lb.	Lean beef	1814.0 g	80.00
1 lb.	Beef fat	454.0 g	20.00
¾ cup	Textured soy protein*	45.0 g	2.00
5 tsp.	Salt	37.0 g	1.65
2¼ tsp.	Sausage Phosphates	9.0 g	0.40
½ Tbs.	Sugar	6.0 g	0.25
1½ tsp.	Red pepper flakes	3.0 g	0.13
1 tsp.	Cardamom, ground	2.0 g	0.10
½ tsp.	Fenugreek, ground	1.8 g	0.08
½ tsp.	Cayenne pepper, ground	1.0 g	0.04
½ tsp.	Ginger, ground	1.0 g	0.04
¾ cup	Ice water	175.0 ml	7.75
	32mm casings		
5½ lb.	← Totals →	2.5 Kg	100%



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

* TSP or TVP is added to provide a pleasant mouth-feel. Its use is optional

Method:

1. Trim beef of any sinew, connective tissue and silver skin. Cut meat and fat into cubes that fit your grinder.
2. Chill meat and the fat to 40°F (4.4°C); grind the meat and fat separately through a ¼-inch (6.5 mm) plate.
3. Add the remaining ingredients to the meat and the fat and mix well.
4. Stuff the meat paste into 32 mm hog casings and tie off into 5-inch (12.5 cm) links.
5. Age them in the refrigerator for at least 8 hours to allow the flavors to meld and the soy protein to become completely hydrated.
6. Best if used fresh and not frozen. Grill over medium-low heat *without* piercing them.

Len Poli – Sonoma Mountain Sausage - Sonoma, California
Copyright © (All rights reserved) March 2006