

Moroccan Beef Sausage

U.S.	Ingredient	Metric	Percent
4 lb.	Beef, brisket or flap	1800.0 g	66.00
1½ lb.	Beef fat	675.0 g	24.80
5 tsp.	Salt	36.0 g	1.32
¾ cup	Cilantro, fresh, chopped	30.0 g	1.10
¼ cup	Garlic, fresh, minced	30.0 g	1.10
2½ Tbs.	Baharat (recipe below)	18.0 g	0.66
1 tsp.	Allspice, ground	2.0 g	0.07
¼ cup	Vinegar, wine	60.0 ml	2.25
¼ cup	Ice water	60.0 ml	2.25

Optional*

1 tsp.	MSG	4.5 g	0.20
2 tsp.	Phosphate	7.5 g	0.30

6 lb. ← Totals → 2.7 Kg 100%

This formulation is based on metric measures; U.S. measures are approximate!

* Optional: Beef sausages tend to be on the "dry" side. To improve the flavor and moisture retention these ingredients can be added.

Procedure:

1. Cut the meat and the fat into cubes that fit the grinder throat and chill until partially frozen.
2. Grind the meats through a small [6.5mm or ¼"] plate into a mixing container. Add all the remaining ingredients and mix them in well.
3. Stuff into 32mm hog casings and tie off into 5-inch sausages.
4. Allow to air dry for several hours before use or storage.
5. Sausages are best, grilled slowly over a low fire.

Baharat Spice Recipe:

3 Tbs.	Paprika, hot	<ol style="list-style-type: none"> 1. Break the cinnamon sticks into pieces. 2. Mix all the spices together. 3. Grind in a spice or coffee mill until pulverized 4. Store in an air-tight jar for up to 4 months.
2 Tbs.	Peppercorns, black	
2 sticks	Cinnamon bark	
1 nut	Whole nutmeg	
1 Tbs.	Cloves	
1 Tbs.	Coriander seeds	
1½ Tbs.	Cumin seeds	
½ tsp.	Cardamom seeds	

