

Sausage Making

How to make sausages

Today we will be making 1kg of Bratwurst sausages – this should make approx. 9-10 sausages.

BRATWURST

1kg pork – preferably shoulder meat

300g clean pork back fat – chilled

½ tsp white pepper

½ tsp ground coriander

½ tsp ground ginger

¼ tsp garlic powder

3 tsp salt

150ml ice water

30-32mm casings

Usually Bratwurst is a precooked sausage. To do this you gently poach the sausage in simmering water (so that the skins do not burst) until the internal temperature of the sausage reaches 72°C.

This is not necessary if you wish to freeze the sausage then cook.

Let's begin...

1. Start with diced chilled pork, fat and spices in a bowl.
2. Mix well.
3. Put through mincer using the fine attachment.
4. In a food processor place $\frac{1}{4}$ of the mincemeat.
5. Process while slowly adding the iced water.
6. Add the coarse mince to the wet mince from the processor.
7. Mix well.
8. Put the mixture into the sausage machine – ensuring there are no air pockets.

Now the sausage...

Getting the casing onto the sausage machine is simple, it just takes time.

1. Hydrate the casings, which are usually in brine or salted for at least 20 minutes before placing on the machine.
2. Wash the casings carefully to remove any excess salt.
3. Thread the casings onto the sausage nozzle.
4. Once you have the casings carefully placed on completely, start turning the sausage stuffer, filling a sausage length of casing.
5. Gently tie the end of the casing and prick any air pockets with a sharp knife and continue to fill the casing.
6. When finished, cut the casing from the sausage filler or remove from the attachment with plenty of casing at the end.
7. Link the sausages.

Note: There will usually be a small amount of sausage meat in the bottom of your sausage stuffer. Scoop this out and use it to make meatballs or rissoles. This is a great way to test the taste of your sausage.

Linking the Sausages...

1. To link the sausages hold the tied end of the casing in your left hand.
2. 12-14 cm's from the end in your left hand, gently pinch the casing making an indentation
3. Gently twist the sausage a few times with the right hand.
4. Repeat this until the sausage is finished
5. When completed, tie the end of the sausage.

Note: Any left-over casings can be stored for future use – use these first the next time you make sausages. Ensure that they are clean and free from any meat product.

Equipment needed...

Sausage stuffer

Casings

Ingredients for recipe

1 clean tray

Scissors or very sharp knife

Needle or sharp paring knife

Food processor

Mincer

Container for extra casings

2 large bowls

Resources...

The Casing Boutique <http://www.thecasingboutique.co.nz/>

0800 606 170

Dunninghams <https://www.dunninghams.co.nz/>

655 Great South Rd, Penrose 1061 0800 363 1921

Westmere Butchery <http://www.westmerebutchery.co.nz/>

131 W End Road, Westmere 1022 09-376 595

Books...

Professional Charcuterie	John Kinsella and David T Harvey
Cooking Delicious Sausages	J.D Gilson
Fat	Jennifer McLagan
In the Charcuterie	Taylor Boetticher and Toponia Miller
Bangers to Bacon	Jeremy Schmidt
The kiwi Sizzler Smoking Book	Chris Fortune