

SAUSAGE

A mixture of ground (minced) meat, encased within a tube like casing. Sausage may be fresh, cured, air-dried, smoked or pre-cooked - there are numerous types with many regional variations. The word sausage derived from the Latin word SALSICCIA, from salsus means salted. According to French terminology 'Saucisse' is usually small and fresh, while Saucisson is usually large, fresh and dried.

The sausage casing or skin can be made from a natural material such as sheep's or pig's intestine or an artificial casing made of cellulose or synthetic material.

There are many types of sausages outside this typical description, for example fish, poultry or vegetables may be used as a main ingredients. The sausage may be large and round rather than tube light (Scottish Haggis) and the mixture is not always encased in a skin, a flour or egg and breadcrumb coating being used instead of skin.

Classification of sausages:

1. Fresh raw sausage
2. Cured sausage
3. Cooked and / or smoked sausage

1. **Fresh raw sausage** - The sausage require cooking by grilling (broiling), frying, poaching or boiling or a combination of more than one. They generally consist of pork and / or beef meat along with fat but they can be made from other meat also. They are seasoned with various herbs, spices, condiments and other flavorings. Sometimes bound with breadcrumbs or cereals. The ingredients are minced (ground) or chopped and funneled into a casing. Some varieties are then twisted into links. Sausages should cook slowly so as not to burst their skin and to ensure they are cooked thorough as well as brown on the outside. (Core temperature must be above 74°C).

Fresh sausage includes

British	-	LINKS, CHIPOLATA, CUMBERLAND
German	-	SKINLESS, BREAKFAST, BRATWURST
French	-	TOULOUSE, SPICED FRENCH, ANDOUILLES, ANDOUILLETES
Italian	-	LUGANEGHE, SALSICCIA
Chinese	-	LAP CHEONG
Algerian	-	MARGUEZ
Spain	-	SALCHICHA
Greece	-	SOUZOUKAKIA
Mexico	-	CHORIZO

2. **Cured sausage** - Sausages generally raw, preserved by drying, salting or smoking. The traditional preparation of dried sausage involves a series of process varying according to country. These methods gives them their characteristic aroma, texture and flavor. They include lean meat, chopped with spices and other flavorings to form the forcemeat. Funneling the mixture into the casing, pre-drying the sausage to a careful degree at specific temperature to ensure thorough preservation and then further drying. The sausages may also be smoked. A good dry sausage is firm to touch and has a pronounced aroma. Some varieties have a bloom which is a sign that maturing has been carried out correctly. Some are without plastic protective covering or flour or ash. In ideal circumstances cured sausage should be kept hanging in a cool place. The cut surface should be protected by a covering with a foil. A device called GIBET is used for hanging up this sausages. Example includes

French	-	SAUCISSON, FUME AUX HERBES, JESUS
Italian	-	PEPERONI
German	-	CORVELAT, LAND JAGER
Poland	-	KABANOS, KIELBASA

3. **Cooked and / or smoked sausage** - This sausages are pre-cooked and need part cooking or re-heating by boiling or poaching. A well known example are German Frankfurter. A smoked sausage made of finely minced pork or beef. It may contain beef or veal also and sold dried or smoked. Example includes are

French	-	BOUDIN BLANC, BOUDIN NOIR, SAVELOY
German	-	FRANFURTERS, KNACKWURST, BRATWURST, EXTRAWURST, METTWURST, BIERWURST
Italian	-	ZAMPONE, MORTADELLA
Poland	-	POLONY
Switzerland	-	GENDARMES

Other types of cooked sausage are French liver sausage - Saucisson Di Foie

Sausage composition:-

Minced meat (pork, poultry, veal, game, lamb), seasoning includes herbs and spices, onion, garlic, chillies, liquors and vegetables.

Ratio:-

1 part of fat and 3 part of lean meat.

Casing:-

Usually intestine of 3 animals are used that is sheep, hog and cattle according to their required diameter. Natural casings have the advantage of being available in every slaughter house. They are edible and imparted a special flavor to the sausage.

Processing:-

The intestine must be cleaned immediately after the animal slaughtered for quality results. The steps -

- A) Empty then clean the intestine thoroughly with cold water.
- B) Remove all the external fats and blood vessels.
- C) Wash again in cold water.
- D) Drain all the water by pressing the intestine between two fingers, run them from one to another end.
- E) Soak the drained intestine for 2 hours at least at 7 to 8°C in brine.
- F) Drain and rinse the bowels.
- G) Sort out according to size and use.
- H) Store in a glass jar and again cover with brine.

Cellulosic or Artificial casings:-

These are made up of edible cellulosic material. Advantages are uniform in size, straight and easy to handle. Fibre content adds the strength of the casing. Disadvantages are expensive, tasteless, availability.

Types of force meats:-

- A) Coarse minced force meats - Force meats consists of chunks of meats and fats. Composition 3/4th lean meat and 1/4th fat.
- B) Cutter pulverized force meats (fine minced) - Very fine lean meat and fat forming a homogenous mixture. Combination of 5/8th meat and 3/8th fat.
- C) Combination force meat - Mixture of coarse and cutter pulverized force meats. Composition 2/3rd of coarse minced force meat and 1/3rd of cutter pulverized force meats.
- D) Coarse minced - Cut meat and trim well into about 1.5cm cubes. Cut fats into same size then minced.

Pancreas, spleen, heart, kidney also used in force meat after mincing to add color, flavor to the minced meat.

Curing of sausage:-

Nitrates and Nitrites have long been added to many meat products. Reasons are to check the growth of Clostridium Botulism. To impart a good color to meat, to alter flavor, lengthen the shelf life of meat.

Curing salt (Chemically treated):-

94% of salt + 6% sodium nitrate. (4 oz of curing salt is used for about 50 kgs. of meat)

Effects of curing salt-

Taste	-	Salty
Texture	-	Tougher
Color	-	Pink color retention
Storage	-	Longer life

Salt is must for all curing meats because it acts by dehydration so that it checks bacterial growth.

Do not use table salt, rock salt or sea salt. They may discolor the product.

SALAME (SALAMI)

A type of dry sausage produced in Italy, Hungary and various other European countries. It is made of finely chopped lean pork and pork fat and is highly seasoned, flavored with garlic and moistened with red wine. The sausage are air dried or smoked and, if properly stored, will keep for a long time. Salami is often eaten as an appetizer or as a lunch dish with other cold meats and salads. It can be filled with a savory mixture and rolled up, used in open sandwiches, as a pizza topping or as a garnish. Cooked salami is always made with coarsely minced meat stuffing. It made out of small cubes of meat bound together with a finer minced force meat. These preparation requires a strong blending agent such as egg whites or blood plasma. Sometimes starch also use. It is usually stuffed into long & straight intestines of beef. A good fermentation of the product for about 12hrs at 150°C is recommended for taste and appearance. Smoking is necessary.

Casings:- Beef casings or large pork casings about 45 - 55 mm of diameter are used. The filling pressure can be greater than that for the sausage since the resistance of these casings are much stronger.

Recipe:-	Lean Pork	-	800 gms.
	Lean Beef	-	800 gms.
	Fat Back	-	400 gms.
	Curing Salt	-	½ tsp.
	White Pepper	-	1 tsp.
	Pepper Corn	-	1 tsp.
	Garlic	-	2 cloves

Method:-

- I) Freeze pork fat & beef a day before.
 - II) Grind meat through fine blade.
 - III) Grind fat.
 - IV) Add salt, curing salt, spices.
 - V) Combine well for about add little ice water.
 - VI) Hang in a walk in cooler for about 14 days.
 - VII) Keep for about 2 days in cold smoke.
 - VIII) Chill the salami.
 - IX) Poach at 170⁰F to an internal temperature of 150⁰F & stock in ice cold water.
- Salami's are always poached.