



Sausage Making Basics

GENERAL GUIDELINES

- ALWAYS use good food safe practices
- Keep meat chilled until the time of use – cold is your friend!
- TIP: Chill any bowls and equipment prior to use
- TIP: Take the extra time to prep fully
- TIP: Trim your meat fully prior to processing
- Add 50-100ml of cold water per pound of meat for sausage
- Add 8g (1tsp) of FS Cure per 5 pounds of meat for sausage if smoking/cooking
- Food danger zone: 40°F-140°F (4.4°C – 60°C)

CASINGS

- Hog/beef/sheep casings – Always rinse prior to using. Rinse off any residual salt, and then soak to rehydrate. Use COLD WATER ONLY!
 - Leftover casings can be stored in the freezer encased in water.
- Fibrous casings – soak in tepid water until pliable (15-30mins)
- Collagen & Cellulose – do not wet. Use exactly as is.

GRINDING

- Grind twice to ensure any gristle and fat is well sliced
 - First use a coarse plate, then a finer one if desired
- TIP: Lightly oil any moving parts with mineral oil or vegetable oil, but leave your blade and plate dry while processing.
For storage, lightly oil any and all surfaces with mineral oil, including plates and blades.

MIXING

- Add spice and water gradually while mixing to ensure the most uniform mix
- Mix thoroughly until you see 'spiderwebs' stretching from the meat to your hands
- TIP: Use ice water to help keep meat cool

STUFFING

- Stuff soon after mixing your meat as binder will get 'sticky'
- For natural casings: stuff to 80-90% capacity
- For collagen casing: stuff to 70% capacity
- Allow sausage casing to dry prior to cooking
- TIP: if stuffing is difficult, add more water to the mix

COOKING/SMOKING

- You can utilize any oven/smoker/bbq to cook your sausage prior to storing
- **Cold Smoking**
 - This applies a smoke flavour without fully cooking your sausage
 - Ideal temperature is below 100 degrees F
 - THIS SHOULD BE DONE IN COOL AMBIENT CONDITIONS
- **Hot Smoking**
 - This can be done in most ambient conditions
 - Start low @ 90-100°F (32°C - 38°C)
 - Each hour, increase temp by 10-15 degrees until you reach a cooking temperature of 190°F (88°C)
 - Cook until internal temp (IT) reaches 160°F (71°C)
 - Allow sausage to rest for 10-15 minutes
 - Cool quickly in cold water
- TIP: Never allow sausage to reach IT of 190°F (88°C). Fat will render and pool in the casing.
- TIP: if dehydrating snack sticks or sausage, lower cooking temp to 140-160°F (60°C - 71°C) after reaching 160°F (71°C) IT