

# Kabanosy Kielbasa

U.S.	Ingredient	Metric	Percent
6.6 lbs	Pork shoulder	3000.0 g	58.35
4.4 lbs	Pork, lean (ham meat)	2000.0 g	38.90
5 Tbs.	Salt	110.0 g	2.14
½ oz.	Cure #1	13.0 g	0.25
3½ tsp.	Pepper, black	7.5 g	0.14
2 cloves	Garlic, crushed	5.0 g	0.10
1¼ tsp.	Nutmeg	3.0 g	0.06
1 tsp.	Caraway seeds	2.5 g	0.05
	22 mm casings		

**11¼ lb. Totals → 5.1 Kg 100%**



## Instruction:

1. Be careful with temp. During this operation meat should be less than 15°C-59°F (the colder, the better). The meat should be diced 4-6 cm (1½ - 2¼") and each type mixed with salt and cure and packed tightly (to get rid of air) in separate bowls (or in one bowl, but each type should be separated with parchment). Cover with additional parchment and refrigerate for 3 days at about 4 °C (39°F).
2. Grinding: (keep the meat cold – do not use devices heat the meat)  
pork ham meat - with 8 mm (about ¼"+) plate  
pork shoulder meat - with 5 mm (3/16") plate
3. Mix the ham and shoulder meats then, add the rest spices (milled in a spice grinder). This operation should be done very precisely and long enough for the meat to become glutinous – This is very important. The quality of sausage depends strongly on precise and long mixing.
4. Stuff into natural casing (about 22 mm) and tie off sausages (typical length of the sausage is 60-70 cm (24-27 inches) long but it is depends on what you like). The air from casing should be removed with needle, if necessary
5. Drying the casing: Stuffed casings should hang for 12 hours at 2-6 °C (39-43°F). If the surface of casing is still wet, wipe it dry (it is very important not to smoke wet sausages).
6. First smoking temperature: 30°C (86°F) for 20-30 minutes with smoke house dampers opened (light smoke) to further dry sausage.
7. Second smoking temperature: about 50°C (122°F) for about 50-60 minutes.
8. Third smoking temperature: 80-90°C (176-194°F) for 20 min., rearrange sausages to smoke evenly (if necessary)
9. Cooling: hang in about 14-18°C (57-64°F) for one day.
10. Final smoking: cold-smoke (up to 30°C-86°F) for 2-3 hours (to help prevent mold formation).
11. Drying: hang in about 14°C (57°F) for 6-8 days (or until reach about 55% of initial weight).

That is all: bon appetite!

**Recipe by:**  
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**Polish Sausage Forum**  
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