

Bauerwurst - Farmer-style Sausage

U.S.	Ingredient	Metric
3.0 lb.	Pork, lean*	1370.0 g
1¼ lb.	Pork back fat*	570.0 g
¾ lb.	Beef, lean	350.0 g
7.0 tsp.	Salt	49.0 g
1 ¼ tsp.	Dextrose	12.0 g
3.0 tsp.	Pepper, black	7.0 g
2.0 tsp.	Mustard seed	6.6 g
1.0 tsp.	Cure #2	6.5 g
1.0 Tbs.	Marjoram	4.5 g
2.0 tsp.	Paprika	0.0 g
2.0 tsp.	Mace	3.4 g
1.0 tsp.	Garlic powder	2.8 g
1.0 tsp.	Caraway	2.0 g
7 ea.	Juniper berries	1.0 g
1/8 tsp.	Lactic Starter culture	0.4 g
	Casings, beef rounds	
5 ¼ lb.	←Totals →	2.4 Kg



Method:

***Note:** *Bauerwurst* is classified as a *Rohwurst*, which in English means 'raw sausage'. Traditionally these types of sausages are uncooked and are either salted, cured or smoked and eaten raw.: This curing method does meet USDA guidelines. Impeccable cleanliness must be maintained to reduce contamination by *E. coli* and *L. monocytogenes*. The pork in this formula must be certified *Trichina*-free (or pork which is frozen in a home freezer, and kept 20 days at 5°F for meat blocks that are 6 inches or less in thickness30 days for meat blocks larger than 6 inches in thickness.) I'd recommend adding an extra 5 days to the above numbers.

1. Grind all meats through medium plate.
2. Add the starter culture (dissolved in ¼ cup of water); mix until it is evenly distributed throughout the meats.
3. Add the salt and cure and mix until they are evenly distributed and refrigerate the meat paste for 1 hour.
4. Prepare the remaining ingredients by coarsely grinding them, using a mortar and pestle, then mixing them well into the meat paste.
5. Stuff into prepared beef rounds, tie off and allow to hang at room temperature until the surface is dry.
6. Incubate at 27°C (80°F) for 48 hrs.---apply cold heavy smoke after 24 hrs for 3 hrs.---
7. Keep sausage refrigerated. Bauerwurst may also be cooked, if desired.

Len Poli
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