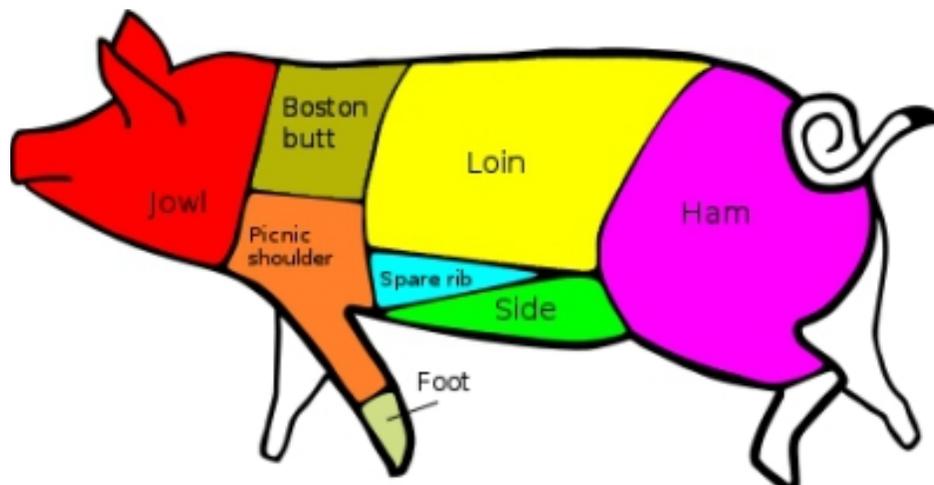


Making Sausage: An Introduction

Lord Martyn de Halliwell – A&S Night – Caer Adamant – 13 January 2014

- I. Sausages
 - a. Base Ingredients
 - i. Ground Pork, Beef, Boar, and other red meats, along with excess fat.
 - 1. Sometimes included ground organ meat and other animal by-product.
 - ii. Herbs, spices, fruits and nuts.
 - iii. Wine, sauces, other alcohols.
 - iv. Eggs, cream, flour, and other binding agents.
 - b. Formed, Patties, Filling
 - i. Could be formed into what we'd consider meat balls, or artistic formings such as hedgehogs.
 - ii. Used as filling in pies, pastries, and some meat dishes.
 - c. In Casing
 - i. Fresh Sausage
 - 1. Sometimes smoked, or hung in the chimney to dry out.
 - ii. Cured Sausage
 - 1. Stuffed into casings or animal caul.
 - 2. Sometimes allowed to ferment at room temperature before curing.
 - 3. Sometimes covered in mold prior to curing, or occurred during process.
- II. Useful Things
 - a. Meat grinder
 - i. This serves dual purposes: grinding meat and stuffing casings.
 - b. Cool Workspace
 - i. This helps preserve tenderness of meat.
 - c. Smoker
 - i. Some recipes call for sausages to be smoked prior to cooking or curing.
 - d. Curing Chest
 - i. A humid space with a moderately cool temperature is ideal.
 - e. Quality Ingredients
 - i. Sausage isn't for scraps!
 - ii. Flavors become enhanced during curing process.



III. Recipes

a. Lucanicae (Roman, 5th Century) – Recipe courtesy Lady Asa in Svarta from *Apicius*

i. Ingredients (*Optional)

1. 11.5lbs pork, ground, heavy on the fat
2. 11 tsp ground bay leaves, sieved or the berries of the bay tree
3. 11 tsp winter savory
4. ¼ tsp black pepper, ground
5. ½ tsp cumin seed, ground
6. 11 tbs fresh parsley, minced
7. 11 tbs salt
8. 11 fl oz fish sauce – liquamen (Optional: substitute deep pork broth)
9. 4 tbs pine nuts*
10. 2 tbs black peppercorns, soaked in red wine (24hrs ahead of time)*

ii. Instructions

1. Combine all ingredients, place in narrow casings, and pull between fingers until they are about ½” – ¾” thick.
2. Optional: Smoke sausages in a cold smoker or chimney.

b. Herasions (French 14th Century)– Recipe by Lord Martyn de Halliwell from *The Viander of Taillevent*

i. Ingredients

1. 4lbs pork, ground, heavy on the fat
2. 1 ¾ cup black grapes, halved or quartered, seeds removed
3. 6-8oz. Triple-cream Brie, Bethmale, Beaufort, or triple cream Brie
4. 4 tsp poudre fine (cinnamon, ginger, cloves, and grains of paradise)
5. 3 tbs sugar
6. 3-4 tsp salt
7. Lamb or Hog Casings

ii. Instructions

1. Combine all ingredients, place in narrow casings, using thin flax twine or linen thread to tie off between each small round “Hedgehog.”
2. These sausages seem to work best when boiled and then seared in oil.

IV. Tell us more, Martyn!

- a. Visit www.Halliwell.org starting in February for more sausage recipes, and eventually photos of sausages in different stages of the process.