

## MAKING YOUR OWN SAUSAGES

### IT COULDN'T BE EASIER!!!

Purchase your chosen meat pork, beef venison or any meat you fancy. The meat need to be 50% lean and 50% fatty, this is the reason pork is used a lot as it has a good deal of fat. If you use other meat you may want to add some pork to it.

The meat needs to be minced either by a butcher or yourself- mincing is best done with cold meat, a food processor will heat up the meat so it is a good idea to add some ice cubes. The consistency of the meat is personal choice but you will find the better quality sausage is made with coarser meat.

Once your mince is ready you can add the gourmet mix of your choice which is all you need for a perfect sausage! You can add as many ingredients as you like to get your own personal flavours, its all about trial and error, have fun experimenting!

If you use a 5lb mix you can make approx 35 fat or 70 chipolata sausages. (This figure is very approximate as it depends on ingredients and how much you fill the skin)

Soak the casings for a few hours to get them off the spool and fill them using either a large piping bag or you can even use a funnel and a stick! (You can also buy an attachment for the Kenwood chef)  
Any casings that you do not use can be stored in salt for use at a later date.

Good Luck!

*Rachel*

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