



THE SURVIVAL PODCAST
WITH JACK SPIRKO

"Helping you live a better life, if times get tough or even if they don't."



The Art of Making Sausage

Presented by Jack Spirko
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All Resources will be at
thesurvivalpodcast.com/sausage-stuff



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A Brief History of Sausage

- What is sausage - Highly seasoned and mixed meat.
- What is the earliest humans made sausage - 3500 BCE about 5500 years ago
- What is different about sausage than say a meat ball
- There are no real rules, but there are common practices.





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Some Ratios and Guidelines

- Meat to Fat 80-20 to 70-30
- Salt 1-2% (1.5%)
- Pink Salt .25% (cold smoke)
- Binder Milk Powder - 2-4% C-Bind - .5%
- Liquid - 10% by weight
- Seasonings .5% main .25% secondary .15% third level
- When using fresh seasonings (garlic, apples, etc.) you have to be more intuitive than the ratios





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Equipment – Essential & Nice to Have

- Good knives and sharpening tools – Essential
- A good grinder – Essential
- A good scale – Essential
- A stuffer - Essential for Links
- A good spice grinder – Nice to Have
- A mixer - Very nice to have
- Meat tubs - Borderline Essential
- Food Processor – Nice to Have
- Nitrile Gloves – Really Nice to Have





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My Process for Link Sausage

- Develop a recipe or find one
- Dice meat and weigh it for accurate calculations
- Season meat and let it sit in chunks overnight in the fridge
- Par freeze the next day and grind - add other ingredients at this time if needed (apples, peppers, etc.)





My Process for Link Sausage

- Let sit another night in the fridge
- The next day mix
- Stuff – Some times this is the next day
- Let sit at least 24 hours in the fridge stuffed
- Smoke and package or just package if not smoking





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Things I do Specific to my Wants & Needs

- I use collagen casings
- I make my links 3X+3 inch desired length
- One smoked I cut to length
- My sweet spot for batch size is 10-15 lbs
- Sous after smoking
- Space out steps
- Formulate everything in grams





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Four Sausages I Made for this Event

Pork, Apple, Sage and Garlic - Mesquite Smoked - Germany Marries Italy

Brisket and Jalapeño - Hickory Smoked - Texas Brisket Meets Spanish Chorizo

Jamaican Jerk Chicken Sausage - Pimento Wood and Allspice Smoked - Almost True Jamaican Flavor

Pork and Sage Breakfast Sausage - A very simple loose sausage you can make for 2.50 a pound or so.

The New Recipe Calculation Tool for MSB





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Remember All Resources Are At

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