

SQU!SITO

Artisan Sausage Making at Home Workshop

9:30am to 5:30pm

This Squisito workshop is designed as a practical introduction to sausage making for gourmets, foodies, coeliacs or others with dietary requirements.

Our workshop deals with producing your own ingredients & recipes, equipment and what you need to know followed by tutor demonstration and practical sausage making so you will be mixing, stuffing, linking and taking home sausages. All Squisito sausage recipes are gluten free and our workshop includes an introduction to food safety and recipes from around the world.

Syllabus:

Tasting - breakfast featuring breakfast sausages

What is an artisan sausage?

What equipment do I need?

What ingredients do I need?

What do I need to know about Food Safety?

What meat should I use?

Tea break

Basic Butchery & Meat Preparation

Mincing, recipes and lowering Ph - basic bacteriology

Sausage recipe analysis, volumetric measurement & adjustment

Casings - properties, preparation & organic considerations

Stuffing, Linking, Drying & Storage

Taking it further

Links

for more recipes go to www.squisito-deli.co.uk

What is an Artisan Sausage?

An artisan sausage is a handmade and hand crafted product and should reflect the skills of the producer and butcher and do justice to the animal it came from. Whilst the *quality* of the meat is of prime importance, the selection of herbs, spices and wine or beer plays a significant part in the overall *flavour* of a sausage.

Texture and *bite* is a function of mincing and mixing as much as the preparation of the *flavourings*. How much you grind spices and when to introduce fresh ingredients is key. A good sausage recipe will yield a result that is more than the sum of the components – that is the skill of the artisan sausage maker!

If your aim is to recreate the flavour of a sausage you once ate as a child or on holiday then you will be unhappy with a bought in mix or without research into the traditions of that area and considering how that sausage was made. Our memory usually embellishes, so the best way to recreate a recipe is to learn the flavours of your ingredients and methods true to the area that sausage comes from and practice regularly so you have a toolbox of flavours and a compass to work by. An artisan sausage maker is a food historian as well as a renaissance man.

British butchers often say that you *have* to use bread or fillers like rusk or cereal to get a ‘moist’ or ‘succulent’ sausage. This is a load of rubbish. A modern British pork sausage is all too often the repository of the parts of a pig that a butcher can’t be bothered to make into *paté* or *rillettes* and *filler* a means of holding in surplus fat, skin or body parts that cannot be sold separately.

Again, we must look to our history to see why the British public has come to accept a flacid pink ‘[banger](#)’ (so called because wartime sausages were so filled with water they often exploded when they were fried) as an acceptable alternative to a cut of meat or game.

In short, the British working class moved off the land to the towns between 1750 and 1850. By the First World War less than half the population had close family connections with the land, and in particular the pigsty, so they became reliant on the local butcher as a source of sausages. With the [privations of war](#) better quality sausages became less common and the poverty of the interwar years made recipes with bread and cereal fillers the norm.

Another World War later, the introduction of rationing in 1940 and the ‘utility sausage¹’ made this transformation complete. The ‘[British Banger](#)’ is the result of rationing in two World Wars.

¹ meat was rationed to a maximum of 1s.2d per week in January 1940 and enforced with ration books containing coupons. Bacon and ham was rationed to 8oz then down to 4oz. 1s 2d bought about 1 lb 3 oz (540 g) of [meat](#) legally. [Offal](#) and [sausages](#) were only rationed from 1942 to 1944 but even when sausages were not rationed, the meat or skins needed to make them was so scarce that they were very rarely seen. The meat content of sausages was so low that the Ministry of Food passed a regulation that sausages had to contain at least 10% meat and [grading of sausages](#) was introduced. A Lincoln woman remembers a man remarking to her, as their bus passed a queue for sausages, “*Why queue? – you can get bread without queueing the other side of the road.*” whilst one Essex housewife joked, “*We didn't know whether to put mustard or marmalade on them*”. The meat content of British sausages was sufficiently low to become the subject of postwar [parliamentary debate](#)



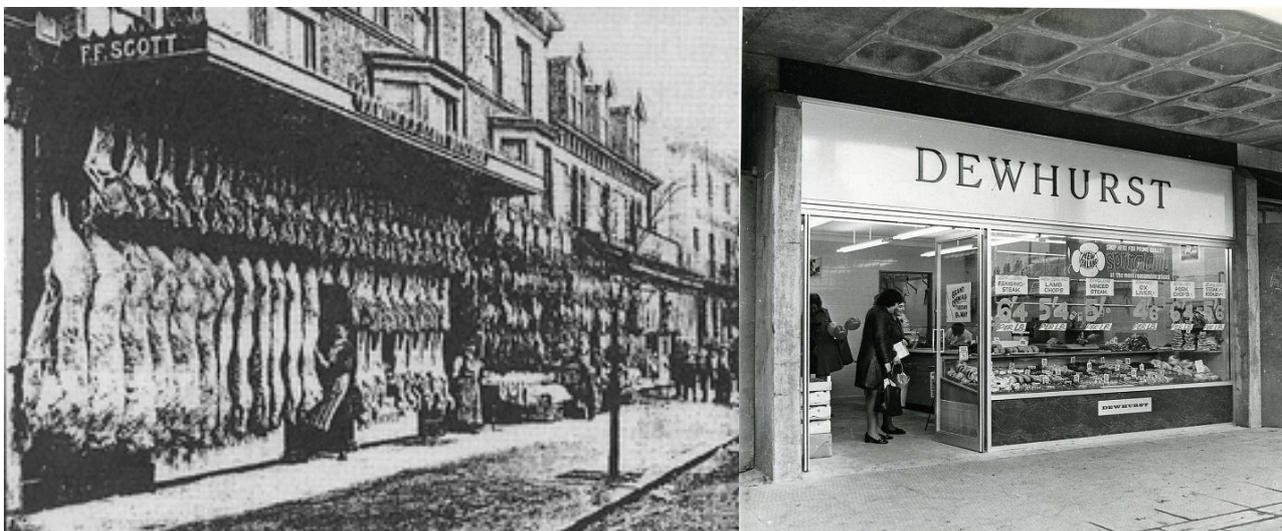
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the1940sExperiment.com

In 1940 the ration was meat 'To the value of 1/2d and sometimes 1/10d – about 1lb (450g) to 12ozs (350g)' assuming you could obtain the meat and sausage skins. The [Ministry of Food](#) under Lord Woolton published '[utility recipes](#)' to make the best of ingredients in short supply augmented by those more readily available on ration. Unlike other countries *bread was not rationed* in England so sausages featured a liberal amount of breadcrumbs added to trim and fat mixed with so much water that the sausages often exploded in the pan.



Since rationing continued until into the 1950's, with meat and skills still scarce as skilled labour moved into factories, the British Banger became a tradition that spread with a nation of butchers trained by the first national chain of butchers called [Dewhurst's the Butchers](#) which featured display windows. Selling the same range of flavours made with the same way variety and local traditions disappeared to be replaced by branded sausage recipes made to a price by supermarkets.



Now the 'British Banger' compares unfavourably with just about any European counterpart. With even an award winning British sausage, any French or Italian would be hard pressed to make a pasta sauce or *cassoulet* - there just isn't the lean meat content or *flavour*².

At this point you will gather there is now a cultural difference. In Europe, a sausage can be a meal in itself - German [Bockwurst](#) or [Kielbasa](#) cooked sausages for example - or a means of keeping and flavouring meat (think here of fresh *Tuscan* or *Napoli* sausage or smoked Nuremberg or Coburg wurst) ready for a sauce or *cassoulet*. In either case, the meat or low fat content make artisan sausage a good cooking ingredient and *flavouring*.

² and increasingly customers are suffering from gluten intolerance which prohibits their consumption.