



## Sausage Making

Nothing quite compares to a plate of delicious sausages, especially when you've made them yourself. It may seem a little daunting at first, and there is a bit of an art to it, but once you've got the knack, it's really very easy – and a lot of fun!

1. For a rich, flavoursome sausage, it's best to use lean pork such as shoulder pork.
2. Natural sausage skins make the best, juiciest sausages by far. You'll need to soak the skins to remove excess salt for a couple of hours before you use them (they can be purchased online)
3. The next step is to select your spices and seasonings. If you're looking for a traditional sausage, a combination of English sage, nutmeg and black and white pepper is a classic
4. Diced shoulder cuts, slice the meat into cubes small enough to fit into your mincer. It's recommend passing the meat through your mincer twice to achieve a finer and smoother mixture
5. The next stage is to start combining your sausage mix ingredients together, so add in about half of your previously ground spices and breadcrumbs, and mix thoroughly with your hands. Add some chilled water and continue to mix until you have a stiff dropping consistency. As a rough rule of thumb, you'll need about 10% breadcrumbs by weight in your mix to ensure it binds together properly.



*Why are sausages called bangers?* In 2nd world war due to rationing, sausages contained more rusk & water, when cooked, water turned to steam and made a banger noise!



6. Take your sausage skins out of their water and flush with water as it makes it easier. Slip them over the nozzle of your mincer.
7. When feeding the meat through into the skins, try not to allow the meat to pack in too tightly, and also try to avoid allowing too much air in either – it's all about balance, and practice makes perfect. A good tip for beginners is to limit themselves to making a few sausage at a time, ensuring there's enough empty skin at either end, which will make it much easier to handle.
8. To Make: Children get to squeeze/ find middle and twist / Pull through.
9. Once you're happy with the length of your sausage, tie off each end of the empty casing, and then gently squeeze the skin at the desired length intervals so that there's enough space between the sausages to twist them off a few times, creating individual links.
10. Sausages need to hang for about 24 hours in a fridge.
11. All that's left to do now is to decide whether you want to fry, bake, grill or barbecue your homemade sausages!

