

*"It is one of the most definitive manuals
on sausage-making in the English language."*

—Craig Claiborne

GREAT SAUSAGE RECIPES AND MEAT CURING



Rytek Kutas

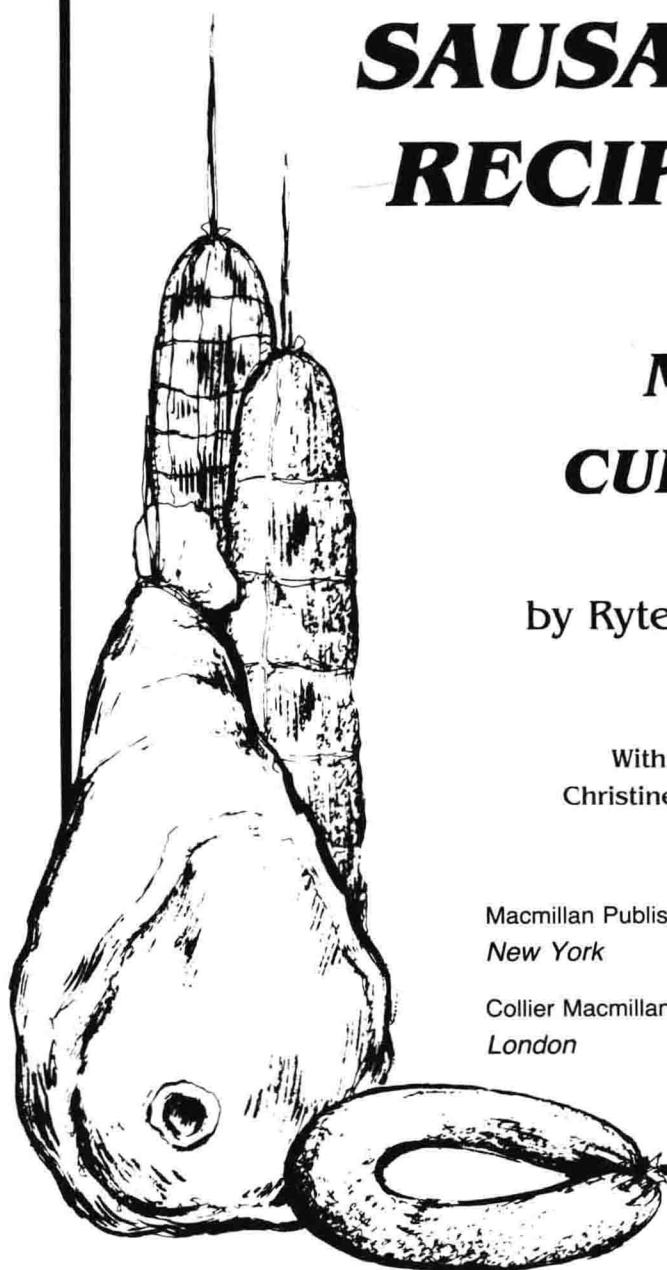
GREAT SAUSAGE RECIPES AND MEAT CURING

by Ryttek Kutas

With sketches by
Christine Engla Eber

Macmillan Publishing Company
New York

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London



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Great Sausage Recipes and Meat Curing

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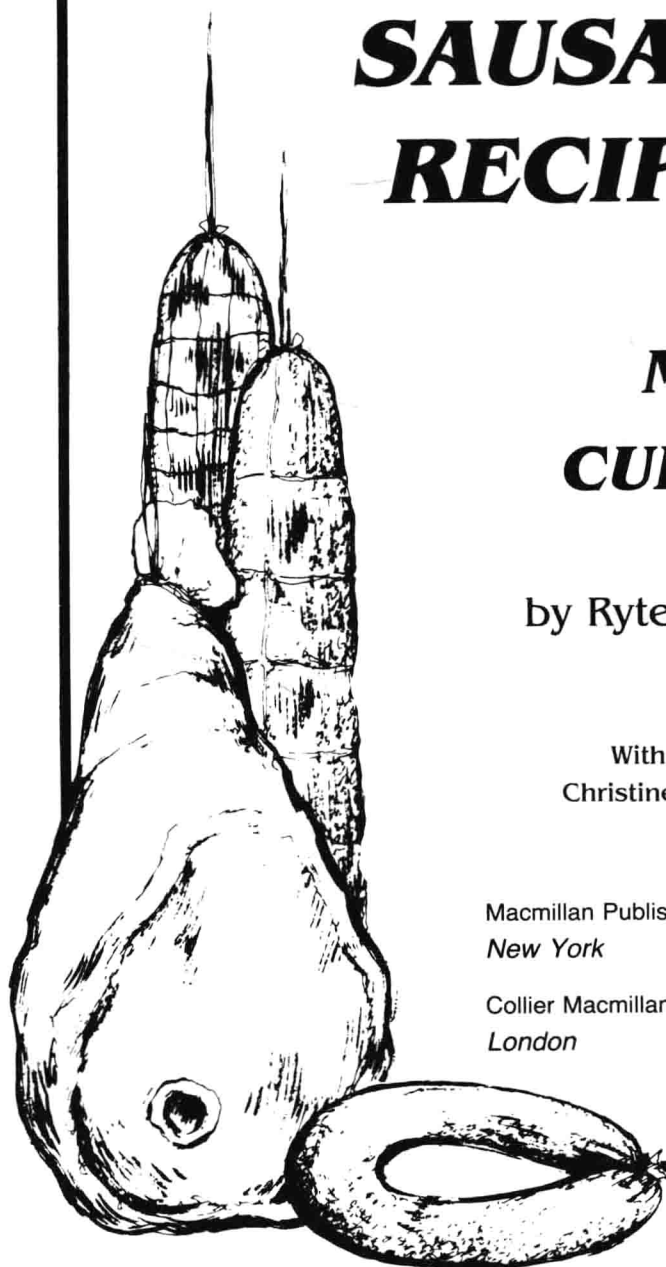
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The gratitude that I owe to my parents, Mary and Stanley Kutas, cannot be measured. They played an enormous role in my becoming a sausage maker and subsequently writing this book. The sad note in my life is that these two Polish immigrants did not live to see some of the knowledge they passed on to me being used in the world's finest learning institutions.

Henry Kutiej gave me that extra shove whenever I became discouraged. He was a guiding force in my involvement in sausage making and writing a book on the subject. His comfort and inspiration will be missed.

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PREFACE TO THE REVISED EDITION

As tens of thousands of the original edition of this book were being sold, I started to receive a substantial amount of mail. Because I both wrote and published the original edition, a great many people could correspond with me directly rather than try to contact me through a large publishing company unequipped to forward a lot of mail. Needless to say, I helped everyone I could and established many new bonds of friendship. The majority of inquiries concerned cures, the products needed to produce them and where to purchase these supplies. I contacted two of the mail-order companies in the United States selling related products, but they didn't want the business. Since there really wasn't anywhere to send these people, I decided to open a mail-order business of my own—The Sausage Maker, Inc.

The business grew over the years, and we mailed out hundreds of thousands of catalogs containing a wide array of equipment, supplies and spices. In large, bold print we also offered to help anyone with problems he might encounter while making sausage and smoking and curing meat. Many people wrote in for advice and also asked for additional recipes not found in the book. As newspapers and magazines throughout the country wrote articles recommending the company and praising my book, the number of inquiries increased even more. This wealth of correspondence and the numerous phone calls we were getting showed me that *Great Sausage Recipes* could be made a better book.

This revised edition incorporates my answers to many of my readers' and customers' queries. I have also added more information and suggestions for the person just starting to make sausage or cure meat. Since some of the information included in the first edition was accumulated many years prior to its publication in 1976, this revision has brought the information completely up to date. The technology of sausage making and meat curing, like that of all other sciences, has seen rapid progress in the last fifty years. Some of the processes and products once used are now obsolete and even banned from use. I have included the latest information available, from the meat industry itself, on efficient and safe meat handling.

Since it was first published, *Great Sausage Recipes* has been used as a text in the food science programs of many prestigious universities and colleges, as well as in trade schools and high schools. It also reaches learning institutions in Australia, England and Canada. Here again was another reason to revise the book so that it could become even more than “the most comprehensive sausage manual in the *English* language,” an evaluation made by world-famous author and food editor of the *New York Times*, Craig Claiborne.

INTRODUCTION

To many people, making sausage is fun. There are also those who know nothing about it but find the process intriguing. To the more dedicated, it is an art. It means being able to process more than 100 items, including ham, corned beef and smoked fish, as well as dry-cured products, such as hard salami and pepperoni, and lunch meats and meat loaves, which are also considered sausage. Try to visualize removing all of these products from the meat case at your local supermarket and it will surprise you how little will remain.

To get sausage-making and meat-curing experience, the traditional method has been to work for a sausage maker. For the most part, this sausage maker will have acquired his expertise through the years by word of mouth. If you were in his good graces, you might be lucky enough to find out all of his secrets. The unfortunate part of this hand-me-down system is the typical loss of much technical information, which can cause the recipients great frustration and leave them nowhere to turn. Try to get information from another sausage maker and he will try to run you out of the country, be he a professional or Grandpa Brown. I know of no other group of people who guard their secrets so jealously.

While there are some excellent books on various aspects of the subjects of sausage making and meat curing, they are usually highly technical and prohibitively priced. Consequently, they are often never seen in bookstores or libraries. This book was written to fill this void and provide a low-cost, complete introduction to the making of sausage and the curing and smoking of meats.

While I do not consider myself a writer or an author of books, I am a sausage maker with many years of experience and training. In this book, I explain what I have learned—what my eyes have seen and what my hands have done. I also share the valuable information I have obtained from sausage-making and meat-curing seminars held by the industry.

Plans for this book started over twenty-five years ago when I opened my first sausage kitchen in the western part of the United States. Since I am of Polish descent and craved kielbasa, my business featured this particular sausage. Word soon got around and

many sausage lovers showed up. I sold some Polish sausage, but most of the people who came by asked for types of sausage that I never knew existed. I soon found out that knowing how to make one kind of sausage does not make one a sausage maker, and I began to custom-make small amounts of sausage for my customers. Needless to say, there were many failures, but it was all good experience.

It is because of these failures that this book was written—to eliminate all of the failures for you. I have filled the book with helpful suggestions and have written it in simple language detailing each step. The book will be useful to the homemaker who wants to make a few pounds of sausage for family use, as well as to the farmer or homesteader who raises his own livestock and wants to know more about making good sausage and dry-curing and smoking meats. It has also been planned to satisfy the many instructors and librarians who have written to me asking for a book of this type and to meet the needs of someone planning to venture into this type of business on a commercial basis.

The over 175 recipes have also been tailored to meet the needs of the reader preparing a small or large batch of sausage. I'm sure that you will find that these recipes are excellent. They have been refined over many years' time as I accumulated them from the ethnic groups that they represent.