




THE SAVORY SAUSAGE

 *A Culinary Tour
Around the World*

LINDA MERINOFF



The Savory Sausage

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*A Culinary Tour
Around the World*

ILLUSTRATIONS BY GLENN WOLFF

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Published by Poseidon Press

A Division of Simon & Schuster, Inc.

Simon & Schuster Building

Rockefeller Center

1230 Avenue of the Americas

New York, NY 10020

POSEIDON PRESS is a registered trademark of Simon & Schuster, Inc.

Designed by Karolina Harris

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1

Library of Congress Cataloging-in-Publication Data

Merinoff, Linda.

The savory sausage.

Bibliography: p.

Includes index.

1. Cookery (Sausages) 2. Sausages. I. Title.

TX749.5.S28M47 1987 641.6'6 87-21797

ISBN 0-671-62727-9

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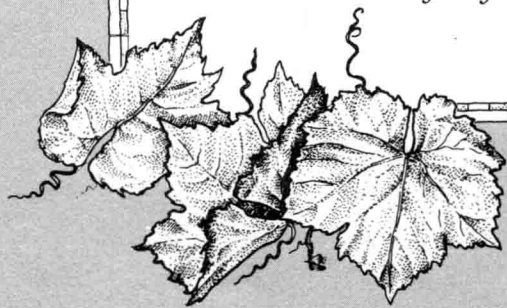
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Books by Linda Merinoff
THE GLORIOUS NOODLE
THE SAVORY SAUSAGE

by
Linda
Merinoff

Poseidon Press
New York London Toronto
Sydney Tokyo





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ACKNOWLEDGMENTS

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There are always so many people to thank. Writing a book, especially one involving vast amounts of food, necessitates friends willing to taste your failures as well as your successes. There were some memorable moments, especially the day that David Norton, Brian Murray, Cindy Cable, Alexander Kulli, Larry Strichman, Cindy and Mike Cassutt, Linda Burum, Rosalyn Landor, and I tasted twenty different kinds of commercial hot dogs. It's hard to forget items like the cheese dogs Cindy Cassutt described as tasting like "Velveeta and Spam." Many thanks to all those who helped with all the recipes in this book.

I must also thank Linda Burum for providing information both in person and in her wonderful book, *Cook's Marketplace: Los Angeles*, on where to buy all kinds of exotic ingredients. Janie Rosenthal loaned me some essential books and threw a terrific party for my first book, *The Glorious Noodle*. Kathie Fong Yoneda was very helpful regarding Chinese sausages. Since I forgot to thank Ray Wong for his help on the last book, I'd like to thank him now. The brilliant and talented Bill Hootkins is my inspiration for all things Chinese. Sydney Miner always reminds me that eating and dining should be fun, not pretentious and pompous. Eileen Stukane's friendship and help was invaluable. I call ice skater and opera singer Cyndie Bellen-Berthezene when I want to talk about anything but food.

Ann Patty and everyone at Poseidon Press and Simon and Schuster are generous with their time and support and I think they're terrific. Barbara Torres at the Armour Meat Company was so gracious about providing me with excellent research materials regarding sausage sales and American trends that I was pleased and relieved when Armour hot dogs were in the top three at the hot-dog tasting. Bruce Aidells, one of America's best sausage makers, also provided helpful information.

Many thanks to Val Norwood for the last photo, and to photographer Bernie Boudreau and makeup and hair stylist Victoria Jackson, who made taking the photo for this book lots of fun. The extraordinary gymnastics teacher, Robert Carreiro, and Susan Raper and Dan Isaacson have managed to keep me in excellent shape despite two years of daily sausage intake. Publicists Michael Dougherty and Don DeMesquita were a great help on the noodle book, so I'm taking this chance to thank them. Rona Barrett (that excellent and most unappreciated news reporter) and the funny and talented Bill Royce gave me a priceless gift—confidence in my abilities. As always, love and thanks to my family for always being there.

Although this does sound trite, there are five people without whom this book really could not have been written. Mel Berger is the best possible agent, combining humor, a sense of perspective, and great ability. My books must be considered a joint effort with editor Pat Capon, whose understanding, clear thinking, and insightful editing make them possible. The other three people, Larry Strichman, Paul Bogrow, and Rosalyn Landor, know how important they are to me.

This book is dedicated to all my grandparents, who gave me my best qualities and love me despite my worst.

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FOREWORD

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Suddenly Americans everywhere seem to be as enamored of sausages as I am. Some prefer delicate seafood sausages in beurre blanc and the exotic poultry sausages served on New American pizzas. Others go out of their way for the best Cajun hot links, pepperoni pizzas, and sausage gumbos. Lovers of Thai food need their weekly fix of that unbelievably delicious salad made of cold greens topped with warm Chinese sausage slices in a spicy dressing. All across the country German bratwurst, hot Italian and Swedish potato sausages are barbecued along with hot dogs. The nationwide appreciation of southwestern food has popularized the slightly tart, chile-laden Mexican chorizo, which can be used in hundreds of recipes. And the current, revived popularity of the restaurant breakfast has challenged chefs to find alternatives to the simple pork sausage, such as French chicken and apple sausages.

It has been a strange, but wonderful, two years. Cooking and eating sausages for 730 consecutive days was a dream come true. There's such a great variety of sausages, prepared in so many different ways, that eating them was hardly ever repetitive. There were some drawbacks, however. No one was ever allowed to look in my refrigerator or freezer—packed with somewhat unusual items such as various sizes of animal intestines and gallons of blood. I also tend to label my books, as they're being written, with a silly name to keep things in perspective. I called my first book—officially *The Glorious Noodle—Remembrance of Things Pasta*. This one was nicknamed *The Offal Truth* by my friend Larry.

My greatest surprise while writing this book was discovering how many elegant sausage dishes there are. I've always thought of them as messy, juicy delights to be devoured in private or only in the company of close, equally greedy and appreciative

friends and family. There are, indeed, a lot of simple, family-type recipes in the book for dishes like German simmered sausages and sauerkraut and the British Toad-in-the-Hole (sausages baked in Yorkshire pudding). But there are also dishes that are worthy of the most discerning guests. The French galantine (a duck skin stuffed with truffles and marinated duck meat to form a giant sausage) and the mixed meat and bean cassoulet; Thai crab and pork sausages; Mexican chicken and sausage topped with garlicky bread crumbs; and Portuguese steamed clams and sausages are just a few of my favorites.

I like arranging my cookbooks by countries, rather than types of recipes such as main dishes, desserts, and so on, since I'm always interested in how recipes originated and how they fit into authentic menus. Although I've suggested accompaniments for each dish, I hope you'll experiment to come up with those you like best. I also hope you'll experiment with the sausage recipes themselves, since I'm sure there aren't two butchers in France using the exact same recipe for boudin blanc, for example. Although my recipes are as authentic as possible, sometimes using a slightly exotic ingredient or two, you're not bound by that restriction. I've listed sources for the unusual ingredients, but I've also mentioned easily obtainable substitutes. When I specify vermouth in a recipe, I'm referring to an Italian vermouth such as Martini & Rossi.

If you're interested in large-scale sausage making, building your own smoker, or in making sausages professionally, I strongly recommend the detailed *Great Sausage Recipes and Meat Curing* by professional sausage maker Rytek Kutas. I bought the book at Kitchen Arts & Letters in New York City, a truly outstanding and definitive cookbook bookstore, but it can also be ordered from The Sausage Maker, 177 Military Road, Buffalo, NY 14207; (716) 876-5521. The company also sells casings, cures, grinders, sausage stuffers, etcetera.