

Salt-cured Sausage

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This project was inspired by descriptions of historic salt curing in the book *Salt*. Prior to refrigeration, meat was preserved in a variety of ways, including smoking, drying, and salt curing.

Tools & Materials:

I made the sausage itself with pork, beef, salt, egg, milk, and a variety of spices. I did not use black pepper, as the original point of the exercise was to make sausage I could eat, and I am allergic to black pepper.

Procedure:

I stuffed it into collagen casings, because they were advertised as easier to use than the hog-gut ones. I cheated and used my Kitchen Aid, but even with the mechanical help it still took all three members of my family - one to hold the casing, one to feed the hopper, and one to push the meat down in to the hopper. I had many feet of sausage when I was done, and I twisted it up in to links. I took one uncooked link and put it in a mason jar which had an inch of non-iodized salt in the bottom. I poured salt around the sausage and filled up the jar with it as well, capped it, and wrote the date on it (March 2014). I laid the jar on its side, and turned it ¼ turn every 2-3 months. I have not opened the jar yet. I am not entirely sure I'm brave enough to taste it, although I have no particular reason to think it is contaminated.

Sources:

Kurlansky, Mark; [Salt, a World History](#) 2002



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