<table>
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<th>STEP</th>
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| **1**  Meat Selection & Weighing | • all cuts of good meat make sausage  
• sausage will need 25% - 30% of fat (pork butts are a good grade of meat & correct ratio of fat to meat)  
• carefully weigh meat and record weight  
• cut into pieces that will fit in your grinder and place in cooler until required |
| **2**  Recipe Calculation | • get all spices, equipment & casing in order to be ready; keep meat in fridge until ready to use  
• use whole spices (ie coarse pepper) for flavour & appearance or finer ground spice so they blend in with the meat completely  
• use only fresh spices (stored in clean, dry, air-tight containers for up to one year) |
| **3**  Spice Weighing | • use an accurate, small scale (digital if possible)  
• all spices should be pre-mixed before mixing with the meat |
| **4**  Grinding | • ideally meat should be chilled between 32° – 35 °F (0°-2° C) NOTE: fridge is generally 38° – 40 °F (3° – 4° C)  
• freeze meat for about 30 mins before grinding then grind meat block once through selected plate  
• add spice & ice; do not let your meat temp go above 4 °C  
• keep plate & knife matched to ensure even wear and clean plate & knife frequently  
• never run the grinder “dry”, do not tighten head with lever and do not put anything other than meat into the throat  
• lean meat is ground coarsely while fatty cuts are ground finer  
• place meat in fridge if required |
| **5**  Mixing | • sprinkle spices on the meat first, mix and then add cold water (as per recipe)  
• mix manually with hands to desired protein extraction (until it sticks like “glue”)  
• lean meat should be mixed with spices first and fat added at the last moment  
• general rule: 5 mins to mix 10 lbs of meat  
• fat specks start to melt at 95° – 104° F (35 °– 40 °C)  
• use only cold “ice” water; general rule: 8% - 10% water (depending on the binder used)  
• apply force when mixing (knead), helps extract proteins and hold particles together which results in a good texture  
• refrigerate if needed |
| **6**  Grinding | • grind again thru the smaller selected plate (as per your recipe)  
• wash grinder & lubricate all pieces with mineral oil (to protect against rust) |
| **7**  Stuffing | • prepare the sausage casing (natural, collagen or fibrous) according to manufacturer’s instructions  
• cook a small amount of meat and taste sausage meat before stuffing; you can make last minute corrections if needed keeping in mind that some flavours will intensify with time  
• fill stuffer punching out as much air as possible  
• stuff sausage at a speed that allows you to fill firm, but not overstuff casing  
• stuff as soon as possible (meat will “set up” and absorb all moisture & may be difficult to stuff the next day)  
• can sprinkle water on stuffing tube to increase lubrication; for any air pockets use sausage pricker  
• natural & synthetic casing will cling to the meat and shrink with it as it dries |
| **8**  Linking – Alternative Twist | • tie a knot in one end  
• start at one end and pinch casing between thumb and finger using both hands, twist link away from yourself  
• continue in the same fashion, pinching the casing with both hands, accept this time twist the link between your hands towards yourself  
• continue twisting every other link in the opposite direction as the preceding twist until the end of the casing is reached  
• cook immediately or package and freezing |
| **9**  Cooking | • simmer water in a sauce pan; place sausage in sauce pan and cover.; cook about 20 mins, turning periodically with tongs  
• keep the water to a low boil, a high boil will make them split  
• transfer sausage to the grill and finish off (about 10 mins)  
• take internal temperature and cook to 154° – 160 °F (but not over 170 °F). times may vary due to sausage size and filler content  
• EAT & ENJOY! or package & refrigerate/freeze |

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<td><strong>4 - 8</strong></td>
<td>See steps for “Fresh” Sausage Making (opposite)</td>
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<td><strong>9</strong></td>
<td>Smoking&lt;br&gt;- drying/setting step is most important&lt;br&gt;- leave sausage 12 hrs at 2 – 6 °C (34 – 42 °F) or 2 – 3 hrs at room temp to fully cure the meat&lt;br&gt;- time depends on diameter of sausage and amount of moisture it contains&lt;br&gt;- space sausage properly on smoke sticks so that they are not touching&lt;br&gt;- preheat smoker to eliminate the humidity inside&lt;br&gt;- drying procedure can last from 0.5 – 2 hrs at 68 – 86 °F; often performed inside the smoker and lasts about 1 hour (no smoke applied) until casing feels dry&lt;br&gt;- smoking done at temps 50 °F to 140 °F (10 – 60 °C)&lt;br&gt;- combination of low temp, moisture from the sausage and absence of oxygen creates the right conditions for botulism&lt;br&gt;- hot smoking color depends on length of smoking&lt;br&gt;- color changes from light brown to dark brown&lt;br&gt;- type of wood will influence color as well&lt;br&gt;- “easy goes a long way”&lt;br&gt;- flavouring step until desired color is obtained&lt;br&gt;- preservation is accomplished by cooking and keeping product in the fridge&lt;br&gt;- approx. 1 hour of smoking time per 1” sausage diameter&lt;br&gt;- periodically rearrange smoke sticks to reduce smoke &amp; heat variances&lt;br&gt;- finish by poaching in water or in smoker, either method must have final temperature of 155 °F&lt;br&gt;- poaching in water:&lt;br&gt;  - easier&lt;br&gt;  - less weight loss&lt;br&gt;  - about 30 mins / lb OR 10 mins / cm&lt;br&gt;  - bring water to 158 – 194 °F, immerse meat until temp reaches 155 °F&lt;br&gt;- finishing in smoker:&lt;br&gt;  - better taste &amp; shinier&lt;br&gt;  - lose more weight&lt;br&gt;  - slower process&lt;br&gt;  - slowly increase smoker temp to 160 °F until meat reaches 155 °F&lt;br&gt;  - immediately after cooking, shower meat with cold water&lt;br&gt;  - rinse briefly with hot water and wipe sausage off&lt;br&gt;  - it will continue to “bloom” (improve shine &amp; sharpen shade of color)&lt;br&gt;- EAT &amp; ENJOY! or package &amp; refrigerate/freeze</td>
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