This chapter introduces the specialized subjects of curing, smoking, and sausage-making. This material is part of the general study of garde manger, which you first read about in Chapter 21, Salads and Salad Dressing. There is a great deal of technical information in this chapter, much of which affects food safety, so it is important to study it thoroughly before producing any of the recipes here.

After studying Chapter 26, you should be able to:

1. Prepare simple dry-cured and brine-cured foods.
2. Prepare simple smoked foods.
3. Prepare fresh, cured, and smoked sausages.

A. Terms

Fill in each blank with the term that is defined or described.

1. A curing method in which the curing ingredients are packed or rubbed over the food.

2. A curing method in which the food is immersed in a solution of the curing ingredients dissolved in water.

3. A spice mixture used in some sausages and other meat products. The name means “4 spices.”

4. A sausage that contains no nitrates or nitrites.

5. An artificial but edible sausage casing made of animal connective tissue.

6. A smoking method in which the foods are smoked at a high enough temperature to cook them partially or completely.

7. The curing agent or chemical in Prague Powder #1, or curing salt.
8. A cancer-causing chemical formed when meat containing nitrates is subjected to very high heat.

9. A sausage grind in which the meat and fat are ground very smooth with the addition of ice or water.

10. The art of making prepared and cooked meat products, especially pork products such as sausages and pâtés.

11. A sausage casing made from animal intestine.

12. A medium-sized casing, about 1 to 1½ inches (3 to 4 cm) in diameter, used for such popular sausages as bratwurst and Italian sausage.

13. A smoking method in which the temperature is kept low so that the smoked food remains uncooked.


B. Review of Curing and Smoking

1. The most important ingredient for curing any food, including cured fish, is __________. This ingredient has two main effects, both of which make the food less hospitable to bacteria:

   (a) __________ and __________.

   (b) __________

2. Curing salt consists of __________ and __________, plus coloring to give it a __________ color. The purpose of the coloring agent is __________.

3. Two other names for curing salt are __________ and __________.

4. The two basic types of cures are __________ and __________.

5. Of the two types of cures in question 4, which is most often used for curing whole poultry?

6. What is the main reason for curing all meats, poultry, and fish before smoking them?

7. When cold-smoking food, you should keep the temperature inside to ______ or lower.
8. A smokehouse consists of 4 main elements:
   a. 
   b. 
   c. 
   d. 

9. The smoking process consists of three main steps:
   a. 
   b. 
   c. 

C. Review of Sausage-Making

1. The four basic components of fresh sausage meat are __________, __________, __________, and __________.

2. When extra fat must be added to pork sausage meat, what is the most desirable fat to use? __________

3. To increase the moisture content of low-fat sausage, you can add __________ because they help retain moisture.

4. Describe how to prepare natural sausage casings for stuffing.
5. The two basic types of grinds used in the production of sausages are ______________ and ______________. Briefly describe the differences between these two grinding procedures.

6. Why must sausage meat be kept very cold during grinding and stuffing?

D. Recipe Conversion

The following ingredients and quantities are for an Italian sausage recipe that yields 6 lb. Convert the recipe to the yields indicated.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>6 lb</th>
<th>2 lb</th>
<th>15 lb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean pork</td>
<td>4 lb 8 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork fatback</td>
<td>1 lb 8 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>2 tbsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black pepper</td>
<td>2 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fennel seeds</td>
<td>1 tbsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paprika</td>
<td>5 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crushed red pepper</td>
<td>1 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>2 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cold water</td>
<td>6 oz</td>
<td></td>
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