



MAN CRATES
PROJECTS

A LINK OF HIS OWN

DIY SAUSAGE MAKING KIT



MAN CRATES

THE ULTIMATE CRAM SESSION

There's a certain type of guy who's just always had a strange obsession with stuffing things. As a lad, he couldn't shove enough pennies into those stripy paper coin sleeves.

In his college years, he challenged the world record for most dirty clothes squished into a hamper. Today, he dances around dead set on shimmying his beefy calves into skinny jeans. Sound familiar?

Now, thanks to not-so-modern Man Crates technology, you can pair your penchant for packing, pushing, and smushing with your love of encased meats. The Sausage Making Kit brings the age-old tradition of tubing up tasty beef, wild game, poultry, pork, and lamb right to your kitchen.

Once you start cranking out fresh, handmade sausages, you'll have to cram "Sausage King of the Neighborhood" into your official title.





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The Equipment

While it might not look like the medieval torture devices you're used to seeing in large scale butcher's shops, our meat grinder and sausage stuffer combo is incredibly capable. The grinder has a vacuum base that you can suction onto any smooth home countertop, and it comes with multiple cutting dies for coarse and smooth sausage. The stuffer attachment makes it easy to fill both hog and lamb casings, or extrude a uncased sausage.

The Ingredients

We've provided ingredients for a couple of our favorite sausages, and recipes for a few more. To make those, you'll need to get familiar with some all-natural sausage casings. The hog casings are made from the small intestines of our bacon-laden friends, who we thank for their sacrifice. We've included enough to make 10-15 pounds of delicious sausage.

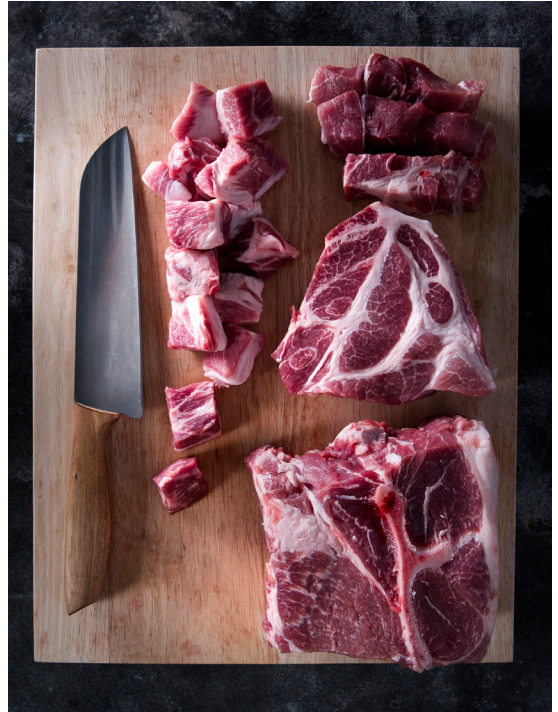
MEAT PREP

When selecting your meat, the most important consideration is the meat-to-fat ratio. The ideal ratio is 75% lean meat to 25% fat. There are several ways to arrive at this ratio, but a bit of math might be required. But relax, you won't need a protractor.

For pork sausage, the shoulder is a great cut because it's already the right ratio. Pork loin by contrast is 95% lean, while pork belly (bacon) is 50% fat. Mixing these meats in the right ratio can also make great sausage.

For lamb sausage, the collar and shoulder cuts are around 80% lean to 20% fat, while lamb leg has a little less fat (around 85% lean). A little extra fat, from lamb or even pork, can balance you out. It's kinda true for your midsection too.

To prepare meat for sausage, you'll need to trim and cut all your meat into 1" cubes.



PRO-TIP: Chicken thighs are around 80% lean, and chicken skins are a great way to increase the fat content and get you right to the sausage sweet spot.



PRO-TIP: Many steps will instruct you to keep your meat cold throughout the process. While you may think it's unnecessary at the time, your future sausage-chewing self will thank you for actually following instructions.

Be sure to trim out as much gristle and connective tissue and tendon as possible, because that can clog the grinder. And your arteries.

Spread the cubed meat onto a baking sheet and put it into your freezer for about a half hour before grinding. This is an important step for two reasons: 1) Keeping your meat cold will prevent the fat from rendering during the process, and 2) the meat will grind much more easily when colder and firmer.

Step 1:

GRINDING

You'll know the meat is ready to grind when the outside of each piece is slightly crusty and frozen but the inside is still soft. You can also freeze the auger and cutting die ahead of time to keep things cold.

Assemble the grinder as shown, using the $\frac{1}{4}$ " die for coarse ground sausage like brats, and the $\frac{1}{8}$ " die for smooth sausage like hot dogs (all our recipes will use the $\frac{1}{4}$ " die). Find a smooth, clean countertop, plop the grinder down, and turn the knob on the base to lock it in place. Channel your inner butcher, here comes the fun part.

Fill the hopper with meat and start cranking. Grind all your meat into a bowl, then place it into a fridge to keep cold.

PRO-TIP: To get the last bit of meat through the grinder, you can grind some bread, like a hot dog bun, at the end. Ah, that's why there are more buns in a bag than hot dogs.



Step 2:

SEASONING



Fun fact: Until it's in the casing, your sausage is called a farce. But unlike your typical slapstick comedy, this farce requires some seasonings and salt. You might notice that sausages usually have a fair bit of liquid added. The more liquid that's added, the smoother the texture of the sausage will be.

Combine all the ingredients and knead thoroughly with your hands until it becomes a homogenous mixture. To test the consistency or to amuse party guests, stick a handful to you palm and see if it stays there when you turn your hand upside-down.

Time for a taste test. Well, not right this second. You need to do a little cooking first. Fry a small patty in a pan and give it a taste. Adjust the seasoning as necessary.

Finally, cover your farce in a bowl and refrigerate it for a few hours before stuffing it into casings. This will let your meat chillax while the salt and seasoning work through the meat.

Step 3:

FILLING

The casings come packed in salt and might smell like your old gym locker. To prepare your casings, remove one length and wash it in cool water. Run water through the whole casing and soak them all for about a half hour before filling.

Remove the die from the grinder and attach the filling nozzle. Starting at one end, insert the nozzle into the casing and continue threading the entire casing over the nozzle.



Leave about 2-3 inches overhanging.

Fill the hopper with farce and start cranking. For this part, it really helps to have an extra pair of hands. Best not to ask a vegetarian.

Hold the casing as it fills from the nozzle to control how fully it's packed. Resist the urge to overstuff it like that old college hamper.

Once you have a few full inches, tie a knot in the end of the casing, then proceed to fill the rest. If you get any air bubbles, grab a needle or pin and poke a small hole in the casing to release the air.

Once you've stuffed all your meat, it's time to create links in your sausage. Measure out the desired length and twist a kink in the casing (two or three turns will do).

Once all the sausages have been linked, like they're hunting for a new job, place them in your refrigerator for several hours. Once they have set completely, they can be cut at the links to make individual sausages.



Recipe 1:

BEER BRATS

INGREDIENTS

2 lb	Pork shoulder	1 Tbsp	Kosher salt
$\frac{1}{4}$ lb	Pork belly or bacon	1 tsp	Fresh thyme
$\frac{1}{2}$ cup	German beer	1 tsp	Nutmeg
1 Tbsp	Spicy German mustard	1 tsp	Caraway seeds



Recipe 2:

LAMB MERGUEZ

INGREDIENTS

- 2 lb Lamb collar or shoulder
- $\frac{2}{3}$ cup Cold water
- $\frac{1}{2}$ cup Merguez spice blend
- $\frac{1}{4}$ cup Diced green onions
- 1 Tbsp Chopped cilantro
- 2 tsp Chopped oregano
- 1 Tbsp Kosher salt



Recipe 3:

BAMBI MARTINI

INGREDIENTS

1 1/2 lb	Venison
1/2 lb	Pork fat
1 Tbsp	Juniper berries, ground
1 Tbsp	Kosher salt
2 Tbsp	Cold water

MARTINI

2 oz	Gin
1/2 oz	Vermouth
1/2 oz	Olive brine

What makes this sausage great is the process. Start by making a double martini (that's when you double the recipe). Put half in a martini glass for you to enjoy and the other half in your sausage. Juniper, the primary flavor in gin, is the perfect complement to game meat. Ironically, drinking is also the perfect complement to eating. Coincidence?



Recipe 4:

BREAKFAST SAUSAGE

INGREDIENTS

- 2 lb Chicken thighs (with skins)
- $\frac{1}{2}$ cup Seasoning blend
- 2 TB Maple syrup
- $\frac{1}{4}$ cup Cold water
- 1 Tb Kosher salt

This recipe also goes great with pork. Try mixing things up and making uncased links by extruding lengths and freezing them individually. Cook on low heat as the extra sugars in this sausage can easily burn.



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