

# Homemade Moravian sausages

Cuisine: Czech

Food category: Minced meat



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## Program steps

|   |         |     |                     |       |       |       |       |  |
|---|---------|-----|---------------------|-------|-------|-------|-------|--|
| 1 | Hot air | 0 % | Termination by time | 00:35 | hh:mm | 70 °C | 100 % |  |
| 2 | Hot air | 0 % | Termination by time | 00:50 | hh:mm | 75 °C | 50 %  |  |

## Ingredients - number of portions - 20

| Name                                | Value | Unit |
|-------------------------------------|-------|------|
| boneless front beef                 | 2000  | g    |
| fatty pork                          | 500   | g    |
| boneless pork shoulder              | 500   | g    |
| pork belly, minced                  | 500   | g    |
| freshly ground black pepper, ground | 10    | g    |
| ground red pepper                   | 10    | g    |
| caraway seeds                       | 10    | g    |
| garlic                              | 45    | g    |

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, E, K

| Nutritional value of one portion | Value  |
|----------------------------------|--------|
| Energy                           | 419 kJ |
| Carbohydrate                     | 1.4 g  |
| Fat                              | 32.7 g |
| Protein                          | 31.1 g |
| Water                            | 0 g    |

## Directions

We salt the meat, both beef and pork, and let it sit in the cold for about a day.

Then grind the beef front and pork cut (it should be very fat) finely and twice. The size of the disc for the meat grinder should be 2 mm, not larger.

Then add about half a liter of cold water to the minced meat and mix well (clean).

When the "Prát" is well mixed, add the spices and mix properly and let it sit.

We grind the shoulder and the belly in a grinder with a coarse disc, which we mix thoroughly with seasoned laundry, the mass must be homogeneous.

We then fill the mixture with a medium-caliber pork intestines sausage stuffer, which we leave in lukewarm salted water for a long enough time before that.

This is how we smoke stuffed sausages.

"Caution" the first step is drying, and then in the second step we insert the smoker into the chamber of the combi oven.

## Recommended accessories

