

## How to Make Sausage

Cut up meat into small chunks to put in your grinder (remember to leave some fat on to add flavour)

Weigh out the meat according to your recipe

If you are using a meat grinder use the appropriate plate for the type of sausage you are making

If you are using natural casings, soak your casing for 30 minutes and repeat. Run water through the casings

Before stuffing sausage apply some vegetable oil to the horn or spout

Seal one end of the casing with string or a knot

It is easier to have two people stuff, one to operate the stuffer and the other to handle the sausages

When you have reached the length, twist to form a link. The next link twist the opposite direction

Place on platter, the sausage is now ready to be smoked, placed in a dehydrator or for cooking or freezing

## Beef Jerky

Select a lean cut of meat (for jerky Sirloin, top round, eye of round)

trim off all noticeable fat, the less fat the better

Slice the meat 1/8" to 1/4" thick. Against the grain is easier to chew later

Marinate your meat- Outpost Packaging has Beef Jerky Seasoning already weighted out for 10lbs of meat

Let marinate for 12-24 hours (1/2 oz picklecure and 16 oz of water)

Place meat in dehydrator. Control of the air flow and heat is very important. If the humidity is too high and the temperature is too low the jerky will dry too slowly. If the temperature is too high the jerky will cook too fast harden on the outside and be too moist inside.

## Making Jerky with a conventional oven

Preheat oven to 140 degrees. You are removing the moisture. Spray racks with pam. Spread the meat evenly. Leave the oven door open to allow moisture to escape. Because all ovens vary as do the meat slices your jerky can take anywhere between 6 -12 hours. After 6 hours check the jerky, continue to cook until the jerky is cooked in the centre. Your jerky should be a deep brown or burgundy color and still be flexible. After you remove the jerky let cool (the jerky will stiffen up while cooling)

**Gluten Free Diet** You have celiac disease. This means your body is not able to handle gluten. Gluten is a protein found in many food grains. Wheat, rye, barley, triticale and oats. You need this gluten free diet to prevent serious health problems.

**General Guidelines.** The symptoms described above should go away when you stop eating foods that contain Gluten. Try to follow this gluten free diet strictly and for life. Small amounts of gluten may cause symptoms but can still damage the intestines. If constipated, increase your intake of high-fiber foods that do not contain gluten. Some High-fiber, gluten free foods include whole grains (e.g. brown rice, corn), fresh fruits and vegetables, legumes, seeds and nuts

It is best to avoid foods when you do not know what they are made of. Do not purchase foods without labels unless you know all the ingredients.

## Sausage making Ingredients

CODE	PRODUCT	PRICE
XAPPLE	<b>Apple Sausage Binder</b> 12 oz. to 10 lbs. of meat – add water as needed	Use: \$8.00/lb
XBSB	<b>Outpost Bavarian Style Binder</b> 8.5 oz. to 10 lbs. meat plus ½ oz. Picklecure– add water as needed	Use: \$3.42/lb
XBQSO	<b>Outpost BBQ Sausage Binder</b> 1-lb binder and 12-lbs meat– add water as needed	Use: \$5.44/lb
XBEJ10	<b>Outpost Beef Jerky</b> 1- .32kg unit of spice to 10-lbs meat	Use: \$5.54/unit
XBRATS	<b>Outpost Bratwurst Spice</b> 6 oz of spice to 10-lbs meat- add water as needed	Use: \$4.72/lb
XBRUSCH	<b>Outpost Bruschetta Sausage Binder</b> 1-lb unit and 10-lbs of meat– add water as needed	Use: \$15.32/unit
XBUFFALO	<b>Buffalo Wing Sausage Binder</b> 10 ¼ oz. per 10 lbs. meat – add water as needed	Use: \$5.56/lb
XCD	<b>Outpost Country Delight (Boerworst)</b> 4oz of spice to 10lbs of meat do not add salt - add water as needed	Use: \$4.34/lb
XCAS	<b>Outpost Cajun Sausage Binder</b> 4¾oz of binder to 10-lbs of meat – add water as needed	Use: \$7.72/lb
XCHSS1	<b>Fresh Chorizo Seasoning</b> 1-lb to 25 lbs meat - add water as needed	Use: \$6.22/lb
XCHIP	<b>Chipotle Feta Fresh Sausage Binder</b> 1 lb binder per 10 lbs. meat – add water as needed	Use: \$10.48/unit
XDEBR	<b>Outpost Debreziner Sausage</b> 1-unit to 2.2kg water & 25 lbs. meat– add water as needed	Use: \$17.99/unit
XDONAIRR	<b>Donair Seasoning Binder</b> 1 lb to 7 lbs of meat – add water as needed	Use: \$6.08/lb
XFAJITA	<b>Outpost Fajita Sausage Binder</b> Use: 1 unit of binder to 10-lbs of meat – add water as needed	\$3.75/lb
XFS260	<b>Outpost #260 Farmer Style Sausage Binder</b> Use: 1-lb of binder to 10-lbs of meat – add water as needed	\$2.08/lb
XFS70	<b>GL70 English Banger Binder (Fresh Sausage Binder)</b> Use: 12 oz. to 10 lbs. meat– add water as needed	\$2.74/lb
XFS63	<b>GL63 Fresh Sausage Binder (Mild Breakfast)</b> Use: 1 lb. to 12 lbs. meat– add water as needed	\$1.86/lb
XGC1	<b>Outpost Garlic &amp; Chive Binder</b> Use: 1-lb of spice to 12lbs of meat – add water as needed	\$5.64/lb
XGARLEEK	<b>Garlic and Leek Seasoning Binder</b> Use: 1 unit per 10-lbs of meat – add water as needed	\$7.06/lb
XHGS1	<b>Outpost Honey Garlic Spice</b> 1 lb of binder to 10 lbs meat – add water as needed	Use: \$8.38/lb

## Sausage making Ingredients

CODE	PRODUCT	PRICE
XHM5	<b>Outpost Honey Maple Sausage Binder</b> Use: 1 lb binder and 11 lbs meat – add water as needed	\$17.46/unit
XHIB	<b>Outpost Hot Italian Binder</b> Use: 1-lb of binder to & 10-lbs of meat – add water as needed	\$3.98/lb
XHISM	<b>Hot Italian Fresh Sausage Seasoning</b> (100 gr. or 3.5 oz. per unit) Use: 1 unit per 10 lbs. of meat – add water as needed	\$4.00/lb
XHISS	<b>Outpost Hot Italian Spice</b> Use: 3.2 oz. to 50 lbs. meat – add water as needed	\$13.72/lb
XSWIB	<b>Outpost Sweet Italian Sausage Spice</b> Use: 4.5oz of spice to 11-lbs of meat – add water as needed	\$4.62/lb
XMIB	<b>Outpost Mild Italian Binder</b> Use 1-lb of binder & 10-lbs meat – add water as needed	\$4.26/lb
XKOL	<b>Kolbassa Binder</b> Use: 1 unit (4.92 kg.) to 68 kg. (150 lbs.) meat 180 grams (6.5 oz.) Picklecure – add water as neededplus	\$72.42/unit
XMUSK1	<b>Outpost Muskokafest Sausage Binder</b> Use: 1 unit (1.1 kg.) to 25 lbs. meat – add water as needed	\$15.40/unit
XMAO	<b>Outpost Maple Sausage Binder</b> Use: 1-lb of binder & 11-lbs of meat – add water as needed	\$3.96/lb
XMEX	<b>Mexican Sausage Seasoning Binder</b> Use: 1 unit per10-lbs of meat – add water as needed	\$8.74/lb
XOKB1	<b>Outpost Oktoberfest Binder</b> Use: 1-lb of binder to 10-lbs meat – add water as needed	\$8.74/lb
XPEP	<b>Outpost Pepperoni Binder</b> (5.7 kg./ unit) Use: 1 unit to 150 lbs. meat plus 180 grams (or 14 oz. binder to 10 lbs. meat plus 2 ½ level teaspoons Picklecure)Picklecure	\$63.84/unit
XPIZZA	<b>Outpost Pizza Sausage Binder</b> (.24 kg / unit) Use: 1 unit to 8-lbs meat – add water as needed	\$6.08/unit
XPEPS10	<b>Pepperoni Spice</b> (.157 kg. / unit) Use: 1 unit to 10 lbs. meat plus 2 ½ level teasp. Picklecure – add water as needed	\$6.00/lb
XSAL10	<b>Outpost Salami Binder</b> Use: 1 .32 kg unit of binder to 10-lbs of meat – add water as needed	\$4.95/unit
XSTB	<b>Outpost Sun Dried Tomato and Bacon</b> Use: 1 unit of to 8-lbs of meat – add water as needed	\$9.06/unit
XOTBB	<b>Outpost Sun Dried Tomato and Basil Binder</b> Use: 1 unit to 10-lbs meat – add water as needed	\$10.80/unit
XOTOB	<b>Outpost Sun Dried Tomato and Oregano Binder</b> Use: 11oz of binder to 10-lbs meat – add water as needed	\$7.70/lb
XSW5	<b>Outpost Southwest Seasoning</b> Use: 1-lb to 10-lbs meat – add water as needed	\$5.96/lb
XFSGF	<b>Country Style Sausage Binder – Gluten Free .46kg</b>	\$8.24/unit

## Sausage making Ingredients

CODE	PRODUCT	PRICE
XTEN	<b>Outpost Tennessee Binder</b> Use: 4 oz to 10 lbs of meat – add water as needed	\$7.08/lb
XTSB	<b>Outpost Teriyaki Sausage Binder</b> Use: 10 oz binder to 10-lbs meat – add water as needed	\$3.92/lb
XHONDIJ	<b>Outpost Honey Dijon Sausage Binder</b> Use: 1 lb binder to 10 lbs of meat	\$8.14/unit

## OUTPOST KITS

<u><b>XKIT#1</b></u>	1 lb Honey Garlic, 1 lb Garlic & Chive, 1 lb Oktoberfest, 1 lb Sundried Tomato & Bacon and 2 bdl's of Casings (BratPaks)	\$41.00
<u><b>XKIT#2</b></u>	1 lb Tomato & Oregano, 1 lb Garlic & Leek, 1 lb Mild Italian and 2 bdl's of Casings (BratPaks)	\$32.00
<u><b>XKIT #3</b></u>	1 lb Hot Italian, 1 lb Mexican, 1 lb Cajun and 2 bdl's of Casings (BratPaks)	\$33.00
<u><b>XKIT #4</b></u>	1 lb Sweet Italian, 1 lb Mild Italian, 1 lb Hot Italian, 1 lb Oktoberfest and 2 bdl's of Casings (BratPaks)	\$33.00

## FREEZER PAPER

CODE	PRODUCT	PRICE
PAFR15	15" x 900' Freezer Paper	\$26.80
PAFR18	18" x 900' Freezer Paper	\$32.80
PAFRR24	24" x 900' Freezer Paper	\$47.45

## CASINGS

CODE	DESCRIPTION	PRICE
XPICK	Picklecure Conc. Red	\$1.45
CSHNEZE	Sheep Casings Breakfast Sausage 20/22 mm /65 lbs meat	
CSHNBB	Bratpak Hog Casings Dinner Style 32/35mm 25/lbs meat	
CSHN3235	Hog Casings Dinner Style 32/35mm 100-lbs meat	
CSHN3538	Hog Casings Farmers Style/Dinner Style 35/38mm 100 lbs meat	

## Preparing Casings

Casing can be resalted and last indefinitely in the cooler or fridge at 38-40 degrees f. A bundle of casing usually renders 100 lbs of finished product, depending on the size of the casings. Casings must be rinsed because of the salt. Unravel a bundle of casings to find the end. If you cannot find the end easily, unravel enough to fit on your spout each time and cut them in usable lengths. Soak the casings in cold water to rid the salt. Open and flush the water through the length that you are going to do fit on your spout. After removing the casings from the spout tie a knot. If using a grinder, or even a stuffer, air pockets will appear. A sausage pricker is recommended to release the air so the meat will fill the casing comfortably

### Pepperoni/Pepperettes

One .157kg unit of Outpost Pepperoni Spice (XPEPS10) is enough for 10 lbs. Use one unit of Pepperoni Spice to 10-lbs of meat. Dilute 2.5 teaspoons of Picklecure Concentrate (to be purchased separately) in water and mix with meat and spice. Stuff into Casing. Smoke until Pepperette or pepperoni reaches 160 degrees Fahrenheit in the middle

### Salami

One 0.32 kg unit of Outpost Salami Binder is enough for 10 lbs. Use one unit of Salami Binder to 10 lbs of meat. Dilute 2.5 teaspoons of Picklecure Concentrate Red (to be purchased separately) in water and mix with the meat and binder. Stuff into casing. Smoke until Salami has reached 160 degrees Fahrenheit in the middle

### Pickle cure Concentrate red for Curing Meat

To cover meat in Brine

Ingredients: 1.6 lbs of Pickle cure Concentrate Red

9 imperial gallons of water

5 lbs of Salt

Directions: Mix together, insert product into container and let sit for 7-10 days at 35-38 degrees Fahrenheit

### To Pump Meat

Ingredients: 1.6 lbs of Pickle cure Concentrate Red

9 imperial gallons of water

5 lbs of salt

Directions: Mix together, determine 10-12% of the weight of the product to be cured, and then pump that amount of brine to the product. Let it sit for 1-2 days at 36-38 degrees Fahrenheit.

### Sausage Storage Chart

Type of Sausage	Refrigerator - Unopened	Refrigerator - After Opening	Freezer
Fresh Sausage, uncooked	1 to 2 days unopened or opened	1 to 2 days unopened or opened	1 to 2 months
Fresh Sausage, after cooking by consumer	(not applicable)	3 to 4 days	2 to 3 months
Hard/Dry Sausage	Whole, 6 weeks in pantry; indefinitely in refrigerator.	3 weeks	1 to 2 months
Hot Dogs and other Cooked Sausage	2 weeks	7 days	1 to 2 months
Luncheon Meats	2 weeks	3 to 5 days	1 to 2 months
Summer Sausage (Semi-dry)	3 months	3 weeks	1 to 2 months

*Prices subject to change without notice.  
All spices and binders are non refundable.*



# *Sausage Making*

## *Catalogue*

**2010**

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