



## *Making Sausage with a KitchenAid Stand Mixer*



### **What you'll need**

- KitchenAid Stand Mixer
- KitchenAid meat grinder attachment with sausage stuffing capabilities
- Cutting board
- Sharp knife
- Mixing bowls
- Sausage casings (Natural Hog Casings for Sausage by Oversea Casing)
- Meat and spices

### **Start with Grinding:**

1. Disassembly and thoroughly wash and dry the grinder.
2. Assemble with the 4.5mm plate.
3. Freeze the meat grinder for a few hours before grinding to prevent the spread of bacteria.
4. Freeze the meat for 30 minutes before grinding (cold meat is easier to grind).
5. Prepare the spice mixture while waiting for the meat and grinder to chill.
6. **Ensure the KitchenAid stand mixer is turned off and unplugged.**
7. Set up the grinding attachment onto KitchenAid stand mixer.
8. Plug in your mixer, turn it on, and set it to Speed 4.
9. Place a mixing bowl under the attachment where the meat will come out.
10. Remove the meat from the freezer and cut it into 1-inch cubes.
11. Place meat on the feed tray, and use the food pusher to tamp the meat down the feed tube.
12. Keep feeding meat into the feed tube until there is no more meat left to grind. Let the grinder run until no more meat is coming out.
13. If you want more tender meat, put it through the grinder a second time. However, you should not do this if you are using fatty meats.
14. Mix spices and meat with clean hands, or the flat beater on your mixer at a low speed.
15. Chill meat while immersing sausage casings in warm water.
16. Set up the sausage stuffer plate and tube on your KitchenAid.
17. Use speed 4 and the food pusher to feed sausage mixture into the casing.
18. After creating one long coil, tie off each link to your desired length.
19. Freeze, cook, or dry the sausages to your preference.

### **Meat and Spices:**

- This is entirely up to personal taste. A good strategy is to do some trial and error — not the worst considering you will be the taste tester.



- Most sausage recipes call for pork or potentially a pork and beef blend. If you like your sausage juicy, choose cuts of meat that are fattier, like pork shoulder (also called pork butt). If you want a leaner alternative, consider turkey, chicken, or leaner cuts of pork and beef.
- To make DIY sausages worth my while, start with at least four or five pounds of meat.

#### **A deeper explanation:**

1. Depending on the recipe you use, the sausage may need to rest to allow the flavors to meld. For instance, when making beer brats, the sausage and beer mixture sits covered overnight in the refrigerator. In any case, raw meat should be stored in the fridge to keep bacteria at bay. About 30 minutes before you plan to stuff the sausage, put the mixture in your freezer to firm it up.
2. While the mixture is getting colder, immerse the casings in warm water for about 15 minutes. Plan on three or four feet of casings for every pound of meat. Therefore, if you start with four pounds of meat, 16 feet of casings should be enough.
3. Set up the sausage stuffer on your KitchenAid. The process is the same as meat grinding, only you will not use the blade. Instead, you will install the sausage stuffer plate and a sausage stuffer tube before tightening the collar. For most sausage types, you will use a larger stuffing tube, but for breakfast sausage links, the smaller tube is ideal. You will need small casings if you want to use the small sausage stuffer tube.
4. Run warm water through the length of hog casing. This will loosen it up and make it easier to slide onto the stuffer tube, which is your next step. Starting at one end, slide the casing onto the stuffer tube. It is kind of like pushing knee-high socks down on your leg — you are slowly bunching the casing up. Leave about six inches loose at the end to tie off later.
5. Once the casing is in place, you can start feeding the sausage mixture into the feeding tube with the mixer on Speed 4 and pushing down with the food pusher. Regulating how fast the casing comes off the tube is a bit of an art that will take some practice. Once a fair amount of meat is in the casing, you can tie off the end. Then, continue to feed the meat through while regulating how fast the casing comes off. Try to create one long coil if possible.
6. Once you have fed all of the mixture through, tie off the other end with a double knot. To make links, pinch the coil at the link length you want, then twist it toward you several times. For the next link, pinch again. Only this time, spin away from you. Keep doing this until the entire coil is a series of links.
7. At this point, you have sausage links that you can refrigerate, freeze, or cook immediately. You can help the natural enzymes of the meat break down and thus enhance the flavor by hanging the sausage links to dry on racks for a couple of hours. Also, use a sterilized pin to prick holes wherever you see air bubbles.
8. Occasionally, the casing will break when you are stuffing the sausage. This usually happens when you are just learning how to feed it at the right speed or if you are using bad casings. When this happens, do not panic. Just stop feeding the sausage



through and twist the casing just ahead of the tear so you have a coil without any tears. Remove the meat from around the broken casing and put it back with the rest of the mixture. Cut the casing on the broken side a couple of inches from the twist and tie off your good coil. Now, start making a new coil as if you were starting from scratch.

9. If it is your first time, you might prep a few extra feet of casing just in case you end up with tears. Most importantly, remain patient. Sausage making is an art that takes a little practice. However, over time, you will be rewarded with delicious links that perfectly suit your tastes.

#### ***Clean the attachment***

- The grinder is much easier to clean if you take care of it immediately after you are done processing your meat. Otherwise, tiny pieces of meat dry onto the attachment, and it will take some work to remove all of the little flakes. Most of the parts of the Metal Food Grinder Attachment are not dishwasher safe, and even if your grinder is considered dishwasher safe, we recommend washing by hand to increase its longevity.
- Remove the grinder from the mixer. Then, take the housing apart and remove each of the pieces. Put them in a sink of warm, soapy water. Wash each element with a sponge using a cleaning brush to get any stubborn bits of meat. Once each of the components is clean, dry them thoroughly. I like to put the grinder back together and store it in my freezer, but you are free to store it however you like. Just make sure it stays dry.
- As with anything you do in the kitchen, have fun with your creations. Once you get the hang of grinding your own meat, you will never buy ground meat again. It is just too easy and tastes so much better to do it yourself.