



Happy  
New  
Year!  
All the best  
for 2012!

## Sausage 101

sau•sage | 'sôsj | *noun* Chopped or ground meat that has been blended with spices and other seasonings and usually stuffed in casings.

The word sausage comes from the Middle English *sausige*, which came from *sal*, Latin for salt. In France they are saussissons and in Germany, wurst. In practice for centuries, sausage-making was originally a method used to preserve meats, especially lesser cuts.

Sausage making evolved as an effort to economize and preserve meat that could not be consumed fresh at slaughter. In sausage making, quality standards are maintained while using most parts of the animal carcass.

A vast repertoire of fresh, dried, and salted sausages and cured meats developed over the centuries in an effort to feed growing populations. Although the origin of sausages is to be found in the classical period (sausages are mentioned in Homer's *Odyssey*), if not earlier, it was during the Middle Ages that sausage-making abounded. Sausage was the first 'convenience food'.

A few types of sausage:

**Cooked Smoked Sausage** – The sausage is smoke-cooked. It can be eaten hot or cold, but is stored in the refrigerator. Examples include Wieners, Kielbasa and Bologna.

**Fresh Sausage** - Made from meats that have not been previously cured. This sausage must be refrigerated and thoroughly cooked before eating. Examples include Boerewors, Italian Pork sausage and Fresh Beef sausage.

**Dry Sausage** - Made from a selection of meats. These are the most complicated of all sausages to make, as the drying process has to be carefully controlled. Once produced this type of sausage can be readily eaten, and will keep for very long periods under refrigeration. Examples include Salami's and Summer sausage.

Hogwash Farm has 10 sausage flavors. Our sausages are not made from the organs, or offal. They are made from prime cuts of pork and spices. Our sausages tend to be leaner than a supermarket sausage because of the breed of hogs we raise and our sausage making specification.



### CSA Information

Meat Shares are available in 2 sizes for three, six and twelve month periods. Share sizes are based on pounds per month. Payment is due in full by the start of the subscription. Monthly pick ups at our farm in Norwich. Monthly shares are pre-assembled by our farm and will include approximately half ground and sausage and half higher-end cuts such as roasts and chops in frozen cryovac packages. The meats included in the share reflect what is available on the farm that particular month and cannot be customized. Subscriptions also include a monthly newsletter with farm news and events calendar.

## Old-Time Beef Stew

*courtesy of Paula Deen*

### Ingredients

- 2 pounds stew beef
- 2 tablespoons vegetable oil
- 2 cups water
- 1 tablespoon Worcestershire sauce
- 1 clove garlic, peeled
- 1 or 2 bay leaves
- 1 medium onion, sliced
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- Dash ground allspice or ground cloves
- 3 large carrots, sliced
- 3 ribs celery, chopped
- 2 tablespoons cornstarch

### Calling All Plastic Bags

If anyone has any unwanted plastic bags, we'd love to recycle them for you. They'd come in handy at farmers' markets and CSA shares. Thanks!



### Directions:

Brown meat in hot oil. Add water, Worcestershire sauce, garlic, bay leaves, onion, salt, sugar, pepper, paprika, and allspice. Cover and simmer 1 1/2 hours. Remove bay leaves and garlic clove. Add carrots and celery. Cover and cook 30 to 40 minutes longer. To thicken gravy, remove 2 cups hot liquid. Using a separate bowl, combine 1/4 cup water and cornstarch until smooth. Mix with a little hot liquid and return mixture to pot. Stir and cook until bubbly.