

PREPARING A SIDE



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2. Removing the leaf or flare fat



3. Cutting the leg off



4. The leg has been removed: now for the shoulder



5. Removing the trotter



6. This trimmed leg is now in readiness for curing

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Theo's Traditional Sausage

This is a traditional recipe which I used to make when I worked as an apprentice for Theo. It was an excellent sausage as it was so simple: the simple things in life are the best, as they say, and on this occasion I agree. This sausage was the main stay of the business. We made it every day, and truly it was a sausage among sausages. During my time as an apprentice, sometimes I wished that I had a penny for every pound of these sausage I made – I would have needed a lorry to take my earnings away!

Ingredients

25lb lean pork – we used mostly shoulder pork
5lb back fat (hard)
3lb rice – Theo always used a little bit of natural colouring to pink it up a bit
½lb milk powder
seasoning (see blue box)

Method

Mince the shoulder pork on a large grid. Do the same with the back fat, keeping the meat and the fat separate. Put the lean pork in the bowl chopper. Put the seasoning on the top, then add the rice and milk powder (the rice would have been prepared the day before). Now add the fat. Turn on the bowl chopper and mill until you reach the right consistency. Take out of the bowl and rest for a while. Stuff out into medium hog casings.

As always, store in a fridge (2-4°C).

Seasoning for Theo's Traditional Sausage

These ingredients produce a very basic seasoning but the flavour is spot on, in my opinion. Use ½oz to 1lb of meat. Note that these quantities are for large-scale production:

17lb rock salt – we used to grind it very finely
7oz ground coriander
6oz ground pimento
6oz nutmeg
1oz cayenne pepper
1oz Jamaican ginger



Melvyn Ling with his own version of the traditional sausage

Pork & Apple Sausage

This sausage has a pleasant texture and gives a lovely aroma of apple and pork, which always seem to marry well. It is a nice sausage to produce near Christmas time. The recipe is for large quantities, but you can tailor it to your needs.

Ingredients

50lb lean pork
21lb back fat or belly pork
14lb rusk
15lb water
2lb milk powder
1 litre bottle of natural apple juice
seasoning (see blue box)

Method

Mince the lean pork through a large grid. Mince the back fat through a medium grid. Put the rusk in a large bowl. Add half the apple juice; then take half the amount of water and add this. Mix well until you reach the desired consistency. Put the lean meat in the bowl chopper; then add the seasoning on top.

Now add the rusk and the rest of the apple juice. Add the milk powder and the remainder of the water. Finally, add the back fat and mix thoroughly until the desired texture has been achieved. Rest the mixture; then stuff out into medium hog or sheep casings, whichever you prefer.

As with all these sausages, store in a fridge (2-4°C).

Seasoning for Pork & Apple Sausage

For the seasoning, mix thoroughly the following ingredients and keep in an airtight container – use ½oz to 1lb of sausage meat. Note that these quantities are for large-scale production:

15lb fine salt (I recommend rock or bay salt, finely ground)
12lb white pepper
8oz mace
6oz nutmeg
2oz cayenne pepper

