

Andouille, Cajun Style (plus Charise)

Chuckwagon's Great Andouille Sausage Recipes

Andouille (pronounced "ahn-dwee") Sausage

In October 1755, the British deported the French from Nova Scotia. It's believed that over half of the Acadian exiles who came to Louisiana in 1755 were originally from the coastal regions of Brittany and Normandy. As most Acadians ("Cajuns") settled in the southern United States, their culture and great recipes were slowly introduced to the rest of America including andouille - a sausage quite unlike, and far superior to continental French "andouillette" containing tripe and chitterlings. Although there are many variations and secret recipes, most are well accepted by most palates. Authentic Cajun sausage recipes are some of the finest you may purchase or make, and some, including rice sausage and blood sausage, are truly legendary. Some folks prefer andouille with allspice and cloves; others fancy it heavily spiked with only garlic. All the same, genuine andouille remains a sturdily smoked Cajun sausage, rarely eaten unaccompanied by other food. It supplies flavor to gumbos, jambalayas, bisques, and other specialties. Authentic Cajun andouille is stuffed into medium beef casing approximately 1-1/2" in diameter and smoked for seven or eight hours over pecan wood and sugar cane as it becomes very dark, almost black in color. Folks living without Andouille have been known to become despondent, disturbed, and depressed, so lets all adopt a Cajun, make plenty of andouille, and eat it voraciously!

Recipe #1. Classic Andouille Sausage (5 lbs.)

Laplace is a Cajun town about 30 miles from New Orleans calling itself the Andouille Capital of the World. Cajuns from Laplace tell us western cow kickers to slice andouille 1/2 inch thick and cook it in a hot black skillet with no water until it is brown and crisp at the edges. I like the stuff grilled over diminishing hickory coals. This sausage makes great appetizers for a party. Folks in Laplace make andouille with fewer seasonings than called for in the recipes of other areas. Pork, very coarsely chopped and sometimes containing a few chitterlings, is mixed with a little wine, lots of black pepper, garlic, and onions. Although there are a number of variations that generally provide a spicy, smoky, rich, and earthy flavor with a noticeable flavor of herbs and garlic, this is "the classic" Cajun andouille brought to Louisiana by German and French immigrants.

- 3-1/2 lbs. pork
- 1-1/2 lbs. pork fat
- 1 level tspn. Prague Powder #1
- 1/4 cup garlic (minced)
- 1/2 cup onions (diced)
- 2 tblspns. salt
- 1 tspn. freshly ground black pepper
- ½ tspn. cayenne pepper
- 1/8 tspn. chili powder
- 1/4 tspn. dried thyme
- 1 tblspn. paprika
- 1/4 tspn. crushed bay leaf
- 1/4 tspn. dried sage
- 5 tspns. hickory liquid smoke
- beer to adjust consistency

Cut the meat into chunks then grind it through a 3/8" plate. Prague Powder is also called "pink cure" or "Instacure" or simply "Cure". The number after the name indicates the type of sausage for which it is intended. Cure #1 is for "smoked & cured" type sausage. Cure #2 (not used in this particular recipe) is for use in "air dried" or "dry-cured" sausages of the raw, fermented, type such as fermented, dry-cured salami or pepperoni. Mix the Cure #1 with a little water and all the other dry ingredients, for uniform distribution. Finally, mix every ingredient together, including the meat, being sure the curing agent is distributed entirely throughout the sausage. Stuff the sausage into 42-45 mm. hog casings allowing them to hang and dry at room temperature for an hour. Place the sausages into a preheated 130-degree smokehouse for an

hour, and then insert a probe-type internal meat thermometer into a sausage. Introduce heavy hickory smoke with the dampers barely cracked open. Slowly, only a few degrees each half-hour, raise the smokehouse temperature to 165° F. and remove the smoked sausages when the internal meat temperature reaches 150 degrees Fahrenheit. This may take quite some time; don't get in a hurry. Note that the smokehouse temperature should never exceed 165 degrees. When the sausage registers 150° F, immerse the sausages in ice water until they drop to room temperature. Refrigerate the sausages overnight then enjoy them with some great mustard. Although this product has been cured, it is perishable and should remain refrigerated.

Recipe #2. Andouille With Spices (10 lbs.)

Slowly smoking good andouille toughens their skins – a preferred quality providing a “special bite” Cajuns prefer. This recipe is a little lighter with the spices, heavier with aromatics. Originally, sheep casings were used. Hog casings are now preferred. This sausage is rarely eaten by itself. It is often added to soups, casseroles, stews, and other dishes to help flavor them.

9-1/2 lbs. ground pork butt ----- 1 tspn. thyme
1/2 lb. pork fat ----- ½ tspn. ground cloves
2 tblspns. kosher salt ----- ½ tspn. mace
2 level tspns. Prague Powder #1 ----- 1/4 cup freshly ground black pepper
1 tspn. Sage ----- 3 bay leaves (crushed) in one cup beer
1/4 tspn. Allspice ----- 1 cup onions (diced)
1 tspn. dry mustard powder ----- 5 cloves chopped garlic

Grind the pork coarsely through a 3/8” plate, stuff it into 42 m.m. hog casings, and allow them to dry half an hour. Place the sausages into a preheated 130-degree smokehouse for an hour, with the dampers open, further drying the sausages. Raise the smokehouse temperature to 165 degrees and close the dampers to 1/4 open. Smoke the sausages *slowly* with a heavy smudge of hickory sawdust. Insert an internal meat thermometer into one of the sausages and remove all the sausage when the *internal meat temperature* reaches 150 degrees Fahrenheit. Immediately shower the sausage with cold water or immerse them in ice water until they drop to room temperature. Refrigerate the sausages overnight then enjoy them. Although this product has been cured, it is perishable and should remain refrigerated.

Recipe #3. Garlic Cajun Sausage (10 lbs.)

- 9-1/2 lbs. fatty pork butt
- 1/2 lb. pork fat
- 2 level tspns. Prague Powder #1
- 2 cups soy protein concentrate
- 4 tblspns. salt
- Six large cloves of garlic
- 1 cup onions (diced)
- 1 tblspn. paprika
- 1 tblspn. sugar
- 2 tblspns. freshly cracked black pepper
- 1tspn. cayenne pepper
- 1 tblspn. dried thyme
- 1 tspn. sage
- Flat lager beer to adjust consistency

Proper Cajun-style andouille may be so coarsely ground the grain of the meat may be seen in the final product. This particular recipe skips the usual cloves, mace, and allspice incorporating more... you've guessed it – garlic! Shucks, don't even bother peeling or chopping the garlic. Simply drop it into the grinder's hopper in whole cloves and grind it with the meat. Be sure to grind the pork coarsely. It's best ground through a 1/2" plate then mixed thoroughly with the seasoning. Mix the Prague Powder #1 with a little flat lager beer (or a little water) and distribute it thoroughly throughout the meat. Mix the meat well until a sticky “meat paste” is formed. Stuff the sausage into large 38-42 mm. hog casings.

Hang the stuffed sausage on sticks at room temperature to dry for an hour. Next, space the sausages, as to not touch one another, inside a 130-degree pre-heated smokehouse with the damper wide open to further dry them. Close the damper to ¼ open and use your choice of moistened sawdust to introduce smoke. It's always a good idea to use a heat diffuser to promote indirect heat, and a drip pan to avoid flare-ups. After an hour, *gradually*, only a few degrees at a time, raise the smokehouse temperature to 165 degrees over the period of several hours.

Insert a probe-type internal meat thermometer and remove the smoked sausages when the internal meat temperature reaches 150° Fahrenheit. Note that the smokehouse temperature should never exceed 170°F. Immediately shower the sausage with cold water and refrigerate the sausages.

Hastening the procedure by introducing more heat to the smokehouse will only shrink the sausages, dripping grease all over the floor of your smoker, and will produce a dry, wrinkled product resembling sawdust! Slow smoking produces moist, tender, sausage, having skins delivering that special "bite". Although this product has been cured, it is perishable and should remain refrigerated.

Recipe #4 "P-D-Good Andouille Sausage" (5 lbs. Recipe)

- 1/8 tsp chili powder
- ¼ tsp dried thyme
- 1 Tbsp paprika
- ¼ tsp crushed bay leaf
- ¼ tsp dried sage
- 1 tsp hickory liquid smoke
- 1 cup beer
- 3-1/2 lbs pork
- 1-1/2 lbs pork fat
- 1 level tsp Instacure #1
- ¼ cup garlic minced
- 2 Tbsp salt
- 1 tsp ground black pepper
- ½ tsp cayenne pepper

Cut the meat into chunks then grind it through a 3/8" plate. Mix the Prague Powder with a little water and all the other dry ingredients, for uniform distribution. Now mix every ingredient together, including the meat, being sure the curing agent is distributed entirely throughout the sausage. Mix the meat well until a sticky "meat paste" is formed. Stuff the sausage into 42-45 mm. hog casings allowing them to hang and dry at room temperature for an hour. Place the sausages into a preheated 130°F. smokehouse for an hour then introduce hickory smoke with the dampers ¼ open. Gradually, only a few degrees at a time, raise the smokehouse temperature to 165 degrees over the period of several hours. Insert a probe-type internal meat thermometer and remove the smoked sausages when the internal meat temperature reaches 150° Fahrenheit. Note that the smokehouse temperature should never exceed 170°F. Immediately shower the sausage with cold water and refrigerate the sausages.

Recipe #5 Cajun "Charise" Hot Stuff!

Now, we're making sausage here... not comparing testosterone levels and entering "macho" contests! So, let's just call this a danged hot sausage and let it go at that! This is a recipe for just five pounds and definitely not for sissies! My advice is to make 5 pounds at a time using only one Scotch Bonnet, stuff it into hog casings, and pray for forgiveness! The meat mixture is stuffed into 38 mm. (or smaller) hog casings then placed inside a jar with a pickle made of half white vinegar and half water. After a few days "soaking" they will rip your head off anyway, so you might as well say your prayers now! Anyone who eats these things should be examined by a doctor for evidence that his horse has kicked him in the head! I've had this stuff so hot I had to spit it out my truck window; it melted the ice off the Interstate I was driving on! Shucks pards, this sausage is so hot, your butt may not forgive you for six months! However, they are sure fun to eat - if you can stand the consequences! Caution: You may go sterile or insane anyhow, so please know that you just may lose your sense of perspective! And all you "macho men" out there....one Scotch Bonnett per pound is some kind of record! Here's the recipe:

- 5 lbs. ----- Ground pork butt
- 1 level tspn. ----- Cure #1
- 2 tablespoons ----- Coarse salt
- 5 tablespoons ----- Diced onion
- 1/2 teaspoon ----- Ground cayenne
- 1/8 teaspoon ----- Ground cinnamon
- 1/8 teaspoon ----- Ground cloves
- 1/3 teaspoon ----- Powdered thyme
- 3 leaves ----- Ground-crushed bay leaf
- 1 tablespoon ----- Chopped parsley
- 2 ----- Crushed garlic cloves
- One ----- Scotch Bonnett Hot Pepper (crushed)

The meat mixture is stuffed into 38 mm. (or smaller) hog casings then placed inside a jar with a pickle made of half white vinegar and half water. I like to add a few semi-crushed cloves of garlic to each jar of pickle along with the sausages. The sausages will be ready to eat in about a week's time in the vinegar-water solution.