

## **“Bad Bob’s Brown n’ Serve” Breakfast Sausage (Cured/Smoked/Cooked)**

(by Chuckwagon)

Are you in a rush to get to work in the mornings? Do you need a pre-cooked and cured sausage patty that you can “nuke” in 30 seconds and slap on a bun for a quick breakfast as you head out the door? Well, here it is.

I like "sandwich size" slices of breakfast sausage placed between two pieces of toast, so, when I make this sausage, I stuff the mixture into 5" bologna (red) casings, prep-cook 'em to 140°F, refrigerate the sausage, and then slice off thick slices that I can microwave in half a minute. When I slice off a “disk” of sausage, the red casing just falls away. The sausage stores well in the refrigerator dehydrator with a little plastic wrap over the exposed end, held in place by an elastic band. If you have time, the best way to cook a 1/2" slice is by using a very hot, buttered skillet for quick browning. It's incredible for a breakfast sandwich with a little mustard on a sourdough biscuit with a fried egg. Brown n' serve is quick, delicious, and simple to make. I hope you enjoy "Bad Bob's 'Brown n' Serve' Breakfast Sausage" as much as I have.

Here are the details: Pork that is “par-cooked” has been heated higher than an internal temperature of 137°F. (58°C.), but less than 148°F. (64°C.). This eliminates any possible trichinella spiralis in the meat and the sausage is stored in the fridge (or freezer), until it is further cooked for a meal. When the pork product is finally heated above 148°F. (64°C.) but below 154°F. (68°C.), it becomes “fully-cooked” and “ready to eat”. This final cooking step ensures the destruction of all sorts of other bacterial pathogenic microorganisms including staphylococcus aureus, escherichia coli serotype 0157:H7 and 0121, salmonella enteritidis, clostridium perfringens, listeria monocytogenes, campylobacter jejuni, shigella, bacillus cereus, as well as various non-bacterial parasites such as cryptosporidium parvum and of course, trichinella spiralis. However, this is a non-fermented product and remains perishable. Please keep it refrigerated.

### **Meat Prep - Cooking Temperatures**

- Undercooked..... Below 137°F. (58°C.)
- Par - cooked..... 137°F. (58°C.) to 148°F. (64°C.)
- Fully Cooked..... 148°F. (64°C.) to 154°F. (68°C.)

### **[USA] Bad Bob’s Brown n’ Serve Breakfast Sausage**

- 9 lbs. pork butt (with fat)
- 1 lb. pork back fat
- 2 tspns. Cure #1
- 4 tblspns. salt
- 2 cups soy protein concentrate
- 1 cup dried parsley
- 1-1/2 tspns. black pepper (coarse grind)
- 1 tspn. red pepper
- 2 tspns. granulated garlic
- 2 tspns. sage
- 1 tspn. ground marjoram
- 1 tspn. ground nutmeg
- ½ tspn. ground cloves
- 1 cup ice water
- 4-7/8" red fibrous casing

### **Directions:**

Place the grinder knife and plate into the freezer while you separate the fat from the lean meat. Using a sharp knife, cut all the fat into smaller pieces (for the grinder), then freeze the fat. Cut the meat into 1-1/2" cubes and place it into the freezer until it nearly freezes. Grind the nearly-frozen meat using the 3/8" plate and the frozen pork fat using a 3/16" plate. Work in small batches and do not allow the fat to smear. Place the ground fat back into the freezer. Mix the Instacure #1 with a little water for uniform distribution and add it to the meat. Add the soy protein to the meat and distribute it with your hands. Add the remaining herbs and spices with a little water, then knead and mix the meat to develop the primary bind. When it becomes “sticky”, add the frozen fat to the mixture, folding it evenly throughout the mixture with your hands.

Stuff the sausage into 4-7/8" red fibrous casings and clamp them with hog rings or tie them with heavy cotton butchers twine. Place the sausages into a preheated 130°F. (54°C.) smokehouse for an hour introducing hickory

smoke. Raise the smokehouse temperature to 170° F. (77°C.), continuing to smoke the sausages until their internal meat temperature (IMT) reaches 148° F. (64°C.). Remove the sausages, showering them with cold water until the IMT drops to less than 90°F. (32°C.). Refrigerate the sausages overnight before slicing half inch thick slices to pan fry for breakfast.

If you do not wish to smoke the sausages, you may certainly use your kitchen oven to prep cook the sausages. Simply lay them on an oven rack and bake them at only 200° F. (93 C.) until the IMT reaches 148° F. (64°C.).

If you like to eat this type of sausage served cold or sliced cold for sandwiches, then simply skip the “prep-cooking” and fully cook the sausage by making sure the IMT reaches 152° F. (67° C.) It is very important not to continue cooking much beyond this temperature, as the collagen will break and the fat will turn into liquid. If this happens, the texture of the sausage will resemble sawdust and taste just awful. And listen up pards... don't you even dare try feeding it to your dogs if you spoil this sausage by overcooking it. Just bury it in a hole in the backyard and play “Taps” with your bugle.

**The secret of success:**

When baking the sausage, be sure not to exceed the oven temperature of 200° F. (93° C.). It will require a few hours for the IMT (internal meat temperature) to reach 152° (67° C.). Have patience and do NOT try to rush the process by turning up the heat. It just will not work. The best solution is to use a probe-type thermometer with an alarm. When the IMT reaches 152°F., be sure to cool it in ice water until it drops to room temperature.

Be aware that this type of sausage remains perishable and must be kept under refrigeration.

Best Wishes,  
Chuckwagon