

Recipe Name: **Greek Turkey Sausage (Rytek Kutas)**
 Variation Name: **<none>**
 Date entered: 12/28/2012 15% max liquid absorption (% of meat weight)(default 15%)
 Date used: 12/28/2012 0% liquid added by packer (% of meat wt.)(default:0%)
 For 'skin-on' brined meats, reduce weight entry by 10%

Ingredients:				state: cook before eating	cure not necessary
kg.	est.volume	grams	pct.	style: fresh	(from below) fat: 06.8%, salt: 0.92%
				item	nitrite: 00 ppm, nitrate: no nitrate
0.05400	9.05 tsp	54.000	0.92%	salt (non-iodized)	<enter here>
3.18000		3,180.000	54.34%	Poultry-turkey (6% fat)	turkey 7#
1.362		1,362.000	0.233	Pork Class I: <15%. Ham	pork loin 3#
0.35000	350.00 ml	350.000	5.98%	water	<enter here>
0.68100	138.98 tsp	681.000	11.64%	Cheese(feta)	NOT INCLUDED IN SALT/FAT CALCS
0.10000	.01 tsp	100.000	1.71%	onion (white)	1/2 cup
0.00500	2.00 tsp	5.000	0.09%	garlic (fresh)	2 tsp minced
0.01260	6.00 tsp	12.600	0.22%	pepper (black)	2 T
0.00198	6.00 tsp	1.980	0.03%	cilantro (leaf)	2 T chopped fresh
0.00198	1.32 tsp	1.980	0.03%	oregano	1-1/4 T chopped fresh
0.00380	2.00 tsp	3.800	0.06%	anise	2 tsp
0.10000	.10 tsp	100.000	1.71%	spinach	2 cups
5.8524	total weight, kg.		...of sausage (ignores casing)		

0.0540	salt weight, kg.	0.92%	salt weight, wt. %	...salt (including cure)
-	sugar weight, kg.	0.00%	sugar weight/wt. %	...sugar (including cure)
			00 ppm Nitrites (bulk)	
			no nitrate Nitrates (bulk):	
0.40	est. total fat, kg.	6.8%	fat %	...estimate
3.62	est. total water, kg.	61.8%	water % (natural + packer + recipe liquids)	...estimated water (all forms)

Batch #/Wt/Date:	1	5.85236	12/28/2012
Cook Note 1	Stuff. Rest for a day in refrigerator. Freeze.		
Cook Note 2	Grilled, these are excellent with Tzatziki sauce.		
Cook Note 3	Spinach is about 50 gms/cup, whole or chopped.		
Cook Note 4	<cooking note 4>		

This Recipe - - NOTES: **This Recipe- - Rating:** **Excellent**

Spinach: chopped fresh, 2 cups for a 10# batch. Guess: 1# = 8 cups. Ice water: 1-1/2 cups for 10# batch
 Rinse onion and garlic in water prior to adding. Run meat through 1/4" plate. Mix.
 Stuff 22-24mm casings. Cook thoroughly before eating.
 Rytek Kutas, "Great Sausage Recipes & Meat Curing, 4th ed." p.183

Resources casing: 22 - 24 mm other: sheep or collagen

Raw Material Treatment

step 1 Chill meat. Grind 1/4" plate. Chop onions/spinach, crumble cheese.
 step 2 Mix dry ingredients with ice water and pour over meat.
 step 3 Add spinach/onion/cheese, mix well.
 step 4 RMT step 4

Finished Product Treatment

detail 1 Stuff. Cook thoroughly before eating.

detail 2 RMT step 2

detail 3 RMT step 3

Abstract:

Pickle: <Pickle>

Grind: Chill meat. Grind through 1/4 inch plate.

2nd Grind: <2nd Grind>

Mix: Mix dry ingredients with ice water and pour over meat. Chop spinach/onion/, crumble cheese.. Add to meat. Mix well.

Stuff & Tie: 22-24 mm sheep or collagen casing.

Rest: <Rest>

Smoke: NO SMOKE. Cook well before eating.

Cool: Refrigerate.

Store: Refrigerate for up to 3 days, or freeze.

Package: Vacuum plastic pack, frozen.