

**Cumberland Sausage**  
**“Oddley’s Cumberland Sausage”**  
 (as told by Phil „Shuswap“ Clark)

“This was ordered for breakfast sausage for a family gathering next month. I was going to use sheep casing for the first time – turns out it was the last time. I couldn’t get to the opening of the casing with my knobby arthritic fingers to rinse them out. So I went collagen which meant tying off the links.

Oddley is on another of the other forums and like CW highly regarded. He has a different way of presenting a recipe (*column 1*) – maybe it’s a Brit thing. He also uses a druggist’s scale so his measurements often go to 4 decimal points. (*Ed.Note: in columns 2/3/4, the recipe is revised to a more recognizable system.*)

**Total Weight for all ingredients 1000 G**

<i>Meat Content 800 g</i>	<i>grams</i>	<i>sub-total</i>	<i>total</i>
Pork loin 646 g	646		
Belly fat 162 g	162		
<i>total</i>		808	
 <b><i>Ingredients (as a % of meat):</i></b>			
10% ice water	80.800		
10% Rusk	80.800		
0.8 % Phosphate	6.464		
2.9 % Seasoning	23.432		
<i>total</i>		191.496	999.496
 <b><i>Seasoning:</i></b>			
52.6773 % Salt	12.3433		
5.2581 % Black Pepper	1.2321		
5.2581 % White Pepper	1.2321		
0.7236 % Cayenne	0.1696		
5.9817 % Dextrose	1.4016		
5.3546 % Nutmeg	1.2547		
2.7014 % Mace	0.6330		
7.9112 % Sage	1.8538		
4.3898 % Thyme	1.0286		
4.3898 % Parsley	1.0286		
<i>total</i>		22.18	998.241

**Method:**

“Mince cold meats through 8mm plate into a bowl (good idea, eh). Add ice water and mix. Add Phosphate and Seasoning and mix. Add Rusk and mix. Allow to stand to re-hydrate Rusk before stuffing (I held in fridge overnight). Stuff more fully than you would normally and coil instead of link. (Mine is breakfast sausage hence the links).”

**Details:**

Rusk is a “wheat-based food additive” (bran?), used in British-style sausages to retain water. Some substitutes listed at <http://forum.sausagemaking.org/viewtopic.php?t=2741> include

- Panko (Japanese bread crumbs, as suggested by Phil)
- Bread crumbs
- oats,
- “a combination of soy and whey proteins. As per Sausagemaker, soy protein isolate will bind up to 5 times its weight of fat and water, so I use 2% of this instead of 10% rusk. Add 1% of Whey protein for bite and succulence. Mix using same amount of water as for a 10% rusk mix”
- a 50-50 mix of oats and fresh bread

Below is a picture of Phil’s result. The image on the right is from the (London?) “Daily Mail”



The reference, <http://www.dailymail.co.uk/news/article-1367363/Cumberland-sausage-follows-Cornish-pasty-Britains-44th-protected-food.html>, gives a bit of background. The article, titled “Cumberland Sausage Follows Cornish Pasty to Become Britain's 44th Protected Food,” says in part, “*Best of British: The Cumberland sausage, which has been around for 500 years, has been granted protected status by the EU. This means it must be produced to an agreed method to maintain the heritage and authenticity.*”

They appear to use hog casing, rather than sheep casing or collagen. Either way, it sounds great!