

The Worst Workshop
or
Let's All Play With Lijsbet's Meat!

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Culture	Some Key Vocabulary	Key Ingredients
Andalusia (Spain)	mirkàs	lamb, chicken, eggplant
Danish	pølse	pork, lamb, fish, beef, veal
Dutch	worsten	pork, fish
England	sausedge sawsedge sawge farse	beef, pork
French	saucisse	pork, lamb, mutton, kid, chicken, pidgeon, fish
German	wurst	pork, beef, red deer
Hungarian	kolbász	pork
Italian	cervallato* mortadelle*	pork, fish, veal
Polish	kielbasa	pork
Portugese	morcela	pork

Cooking Method	Pros	Cons
Boiling	Fast Set and forget Uniform cooking	Liquid extracts flavor from meat Easy to overcook
Frying	Nice, crispy skin Intensifies flavor	Needs to be babysat Possibility of bursting
Roasting/ Braising	Meat keeps its flavor Set and forget Uniform cooking	Skin does not crisp Possibility of bursting

Tools Used in Period

Mortar and Pestle

Used to grind meat and spices.

“Who wants to make stuffing, takes pork, lean and fat, well cooked, and hard boiled eggs, chopped together. Put it in a mortar and crush well and add good spices, pepper, saffron, enough spices, salt to taste.” (Wel ende edelike spijse, 15th c.)



Colander(?)

Used to grind meat.

“...and likewise the utensil with which mirkâs is made should be of white glass, glassy ceramic, or hard wood, because if it is of copper, the holes through which the ground sausage-meat passes turn green, and that mixes with the meat and it alters, as has been explained.” (Of the Utensils that Those Charged with Cooking or Pharmacy Must Have Ready, An Anonymous Andalusian Cookbook, 13th c.)



A Funnel

Used to stuff sausage casing.

“Mix all this and pour it into the intestine with a funnel.” (Recipe for an Extraordinary Sausage, An Anonymous Andalusian Cookbook, 13th c.)



Thread

Used to secure sausage links.

“Using the instrument made for stuffing, stuff it in the washed gut, tied with thread to make sausages, small or large.” (Recipe for Mirkâs, An Anonymous Andalusian Cookbook, 13th c.)



Key Ingredients for Successful Sausage

Lean Meat

Fat

Seasoning

Binder

Liquid

Basic Steps

1. Grind the meat
2. Add seasoning
 - * Second grind (optional)
 - * Knead in mixer (optional)
3. Add binder and/or liquid
4. Stuff casing

When Researching

Look for alternate names:	Read through the recipe:	Look for specific varieties:
<ul style="list-style-type: none">• forcemeat• pudding• stuffing• filling• meatballs	<ul style="list-style-type: none">• What are you being instructed to do?• Are there any variant suggestions on how to use the recipe?	<ul style="list-style-type: none">• Bratwurst• Liverwurst• Cervelat• Mortadella• Bologna

25 If you would make good bratwurst

Take four pounds of pork and four pounds of beef and chop it finely. After that mix with it two pounds of bacon and chop it together and pour approximately one quart of water on it. Also add salt and pepper thereto, however you like to eat it, or if you would like to have some good herbs , you could take some sage and some marjoram, then you have good bratwurst.

from Das Kuchbuch der Sabina Welserin (Germany, 16th c.)
http://www.daviddfriedman.com/Medieval/Cookbooks/Sabrina_Welserin.html

Modern Redaction

Ingredients:

- 1 lb. pork butt
- 1/2 lb. beef (80/20 chuck)
- 1/2 lb. pork belly
- 1/2 lb. fatback
- 1 Tbsp. + 1/2 tsp. each fresh sage and marjoram or oregano
- 1 1/2 tsp. kosher salt
- 1 1/2 tsp. black pepper
- 1 cup water
- Hog Casing
- Oil (Vegetable, Canola, Olive)

Hardware:

- Meat Grinder
- Sausage Stuffer
- Standing Mixer (with paddle attachment)
- 2 Large Bowls
- A Medium Bowl
- Mezzaluna (or cutting board and knife)
- Catch Tray
- Kitchen Gloves
- Measuring Spoons
- Measuring Cups