

CHARCUTERIE

It is the art and science of making raw and cooked preparations of meat with emphasis on pork. Today most of these preparations are called PROCESSED MEATS.

These preparations include hams, sausages, salamis, cold cuts, rolled shoulders, frankfurters and others.

Regional specialties in charcuterie developed all over Europe are-

Frankfurters from Frankfurt (Germany)

Genoa Salami from Genoa (Italy)

Bologna from Bologna (Italy)

Braunschweiger from Brunswick (Germany)

Charcuterie shops are still common in Europe today. Austria, Germany and Switzerland eat 60 % of their red meat in the form of sausages.

PRODUCTS

Processed meats are the meats which have been changed by cooking, canning, freezing, comminuting, seasoning, curing, drying or a combination of processes.

The major purpose of processing meats is to preserve them. The processing also enhances flavor, texture and makes the items easier to handle.

SAUSAGES

Sausage is any meat which has been COMMINUTED and seasoned.

Comminuted means diced, ground, chopped, emulsified or otherwise reduced to minute particles by mechanical means, containing various amounts of water, usually seasoned with condiments and frequently cured.

In the simplest terms, sausage is ground meat which has been salted for preservation and seasoned to taste.

Binders and extenders must be prominently labeled

The finished product should not contain more than 3.4 % of these additives.

Raw sausages may contain up to 3 % water to facilitate chopping, mixing or the dissolving of curing or flavoring



THE VARIETY OF SAUSAGES IS VIRTUALLY LIMITLESS.

FRESH SAUSAGES-

Fresh sausages are made from meats which have not been cured or smoked. The meat is ground, chopped, diced etc. and seasoned. It is used in bulk form or stuffed into casings.

This is the raw product and must be fully cooked before eating.

Bockwurst, country-style sausage and Italian sausages are the example.

COOKED SAUSAGES –

These are made from uncured meats. The meats are ground, seasoned and stuffed into casings.

The sausage is then cooked, normally by poaching.

These sausages are not smoked.

Cooked sausages are normally served cold and as purchased.

Braunsgweiger is an example

COOKED-SMOKED SAUSAGES-

Is made from cured meats. The meat is ground, seasoned and stuffed into casings.

The sausage is then smoked and fully cooked.

They do not require further cooking but some are heated before serving.

Examples are bologna, frankfurters, cotto salami, Berliners.

UNCOOKED-SMOKED SAUSAGES

These are made from cured or uncured meats.

The meat is ground, seasoned and stuffed into casings.

The sausage is smoked but not cooked.

This means it has to be fully cooked before eating.

Kielbasa and mettwurst are examples

DRY AND OR SEMI-DRY SAUSAGES-

These are made from cured meats. Which are ground, seasoned and stuffed into casings.

This sausage may or may not be smoked before drying.

They are air dried under controlled conditions.

The amount of time, temperature and humidity are closely regulated.

These are then fermented under controlled conditions.

This gives them a slightly acidic flavor.

These require no further cooking.

German salami, Italian salami, Lebanon bologna, pepperoni are examples.

COMPONENTS OF SAUSAGES

Sausages have 3 primary components-

MEAT INGREDIENTS-

Lean meat- make up the largest proportion of sausage ingredients, providing dominant character to the finished product .The flavor, color, texture and appearance of the sausage is determined by these meats.

Pork is the largest species of animal processed for sausages and cured or smoked products.

Bull meat is often used in sausage production because of the excellent binding properties and deep color.

Turkey is used to produce a wide variety of sausages

Veal, lamb, mutton and poultry are used in specific products.

Fatty Meat – these are a source of fat for most sausages. Jowl fat is most commonly used. The fat adds flavor, texture, mouth feel and appearance to the sausage

NON-MEAT INGREDIENTS- These are non-meat ingredients such as food additives which can legally be added to sausages or other processed meats. They enhance flavors and color, slow or prevent bacterial growth, act as preservative and extend the volume of the sausages.

There are six types of additives –

WATER- usually added to the sausage mixture during the blending stage. It improves the mixing and helps to extract the proteins from the meat.

CURING AGENTS- are necessary to inhibit growth of clostridium botulinum and improve shelf life. They also fix the color of the meats. Sodium nitrate and sodium nitrite are used

CURING ACCELERATORS- Such as ascorbic acid , citric acid are used in cured, cooked and fermented products. They speed up the curing process

SENSORY ENHANCERS - the variety of items used to enhance the flavor, smell, color and feel of sausages is extensive.

Salt- is used for taste and enhancement of flavors.

Sweeteners- saccharin and sorbitol are used in making cooked, cured Sausages

Flavorings- includes spices and spice extractives

Coloring - for sausages can be both natural and artificial like from paprika, saffron, turmeric, certain plant pigments

Smoke- it gives the highest amount of flavor. This may be hot or cold smoking. Liquid smoke is condensed from burning wood.

Flavor enhancers- They bring out the flavors of the other ingredients such as mono sodium glutamate. It should be used sparingly. It may cause allergic reactions in some people.

STABILITY ENHANCERS - are used to protect the flavor of the product, to slow down the mold formation and to extend and bind the product.

EXTENDERS AND BINDERS- there are 3 classes – animal based, fermentation based and cereal grain based. Gelatin, non-fat dry milk solids, flour, oats, wheat, barley, corns well as vegetable starches. The purpose of these is to bind the sausage and to stabilize the emulsion. These are also used to extend the volume of the sausages and are often termed as fillers.

CASINGS- are of vital importance in the sausage making. It holds the prepared meat and gives it a shape. They also have major effect on the mouth feel, if they are edible. There are six types of casings –



Natural Casings- are made from sub-mucosa of the intestines of hogs, sheep and cattle. This is mostly collagen. The fat and the inner mucosa of the intestine are removed before the sub mucosa is prepared. They have a lot of advantages-

- They permit deeper smoke penetration
- They absorb flavors and release fats better.
- They generally hold their shape better.
- They provide a snap when eaten that is not present in the other casings
- They are fully edible so no peeling is necessary.
- They have a better appearance.

Collagen Casings- Collagen casings are edible. These are not synthetic casings.

- They are made from collagen from the hides of the cattle.
- The flesh side of the hide is used for the collagen casings
- These casings also have superior machinability.
- They take on smoke color quickly and evenly.

Peel able Cellulose- This type of casing is not edible.



- It is used extensively in the commercial manufacture of frankfurters.
- Force meat is stuffed into the casing, cooked and possibly smoked.
- The casing is peeled from the finished product by a special machine.

Fibrous Cellulose Casings- These are not edible. These are designed for strength.

- Fibers run the length of the casings to increase its strength and its durability.
- Used mainly for dry or semi-dry sausages, the casings come in red or clear.

Plastic casings- They have become popular in the meat processing industry.

- They are cheaper, stronger and uniform in size.
- They do need to be removed before the item is served.

Caulk Fat – Is a thin membrane which surrounds the stomach of the hog. The membrane is networked, like a spider web, with streaks of fat.

- Caulk fat is excellent for wrapping items of irregular size.
- It is used for patty shaped Greek sausages.

DESCRIPTIONS OF BEST KNOWN SAUSAGES

BOCKWURST - is the fresh sausage made of veal and pork. The meat is combined with milk, eggs, chives and chopped parsley. The texture of Buckwurst is medium to fine and is seasoned to a frankfurter. They are stuffed in lamb casings.



COUNTRY-STYLE PORK SAUSAGE- is made from pork and has a very coarse texture. It is highly seasoned with peppercorns, nutmeg and rubbed sage. This sausage is made in bulk. This is considered to be a breakfast sausage. It is a fresh sausage



ITALIAN SAUSAGE- is made of pork butts. It has a coarse texture and sweet or hot taste. This sausage is also very popular in long spiral ropes which are placed on two long skewers and grilled whole over charcoal. This is also a fresh sausage



BRAUNSCHWEIGER- is the best example of a cooked sausage. Made of pork livers and jowls it has a smooth texture. It is seasoned with allspice, cloves, ginger, mustard and other spices. These can be smoked after cooking.



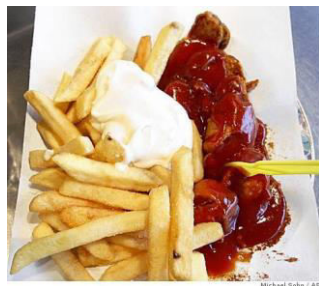
BOLOGNA- made of cured pork and or beef, it is finely ground. The seasoning is similar to the frankfurters. It is available in variety of forms. It comes packed in large cellulose or plastic casings.



FRANKFURTERS- originated in Frankfurt, Germany and are made from pork and or beef. They are seasoned with coriander, garlic, nutmeg, sugar and white pepper. They are fully cooked and smoked but usually served warm. They come in wide size range from jumbo dinner size to tiny cocktail size.



BERLINERS - are made of cured coarsely ground pork encased in mildly cured chopped beef. The only seasoning used is sugar and salt.



KEILBASA (polish Sausage)- is made from coarsely ground pork with beef added. It is highly seasoned with garlic.



METTWURST and TEEWURST- are sausages made of cured beef and pork which are finely ground. The meat is combined with allspice, ginger, mustard and coriander to a smooth and spreadable consistency. These are usually bright red in color and should be cooked fully before using it. They are not served hot.



SALAMI- is a general classification for highly seasoned dry sausage having a fermented flavor. Genoa salami is a prime example. This is usually made with pork and beef, seasoned with salt, peppercorns and sugar. Most are air dried and not smoked or cooked. The cooked salami such as cotto salami is not dry sausages.



CERVALET – is a general classification for mildly seasoned, smoked, semi-dry sausages. These are also called summer sausages. It is made of beef and pork and processed with heavy smoke. It has a black wrinkled appearance.



PROCESSED WHOLE MEATS

HAM



In the simplest terms is the hind leg of the pig. It is often cured and smoked.

Salt is always the main curing agent

Once cured, hams may or may not be smoked.

There are both cooked and uncooked types of ham

Ham in 12-14 pounds range is considered the most tender.

There are at least 100 different traditional varieties of preparations

These differ mainly in the flavoring and curing recipes involved.

Certain types of ham are not cooked or smoked. They are mainly dried. The drying process can take several months to a year, varying with the size of the ham

Some hams are smoked for flavor, color and preservation. They are slowly hot smoked or cold smoked. A slowly hot smoked ham is ready to eat when it is fully smoked. Cold smoked ham should be cooked before eating.

VARIETY OF HAM

FRESH HAM- is the hind leg of the pig that has not been cured or smoked. It is sold bone-in or boneless and is usually purchased in the raw form

COUNTRY HAM- is a generic term for cured hams which are not normally smoked when purchased.

KENTUCKY HAM- is the heavily smoked ham and very lean

PENNSYLVANIA HAM- Is brine cured. It is pickled in vinegar and sugar, then smoked over apple or hickory wood. This is a fully cooked ham

SMITHFIELD HAM- is the trade name for variety of Virginia hams. They are dry cured for many months resulting in a dense, dark red meat. Available cooked or uncooked, they are not smoked.

SUGAR CURED HAM- is a ham cured with brine containing brown sugar or molasses.

VIRGINIA HAM-is a general term for a ham made from the meat of hogs fed on acorn, peanuts and peaches. Dry cured in barrels for several weeks, they are then coated with molasses, pepper and brown sugar. They are cured for two more weeks and then hung to dry slowly for 10-12 months.

WILLIAMSBURG HAM- is the milder version of Smithfield ham

BOILED HAM- is a common term for cured ham which is boned, rolled and boiled. This ham is sold fully cooked.

CANNED HAM- is available from Denmark, Poland and Holland, May or may not be smoked.

BAYONNE HAM- originated in Bayonne, France .

PROSCIUTTO - is the Italian name for all ham. But the term has become more popular for Parma ham which is named after the city where it was developed. Hogs are often fed on the whey of the cheese, giving the ham a distinct sweet flavor. These are of two types

1. CRUDO- a raw ham of highest quality which is air dried and eaten raw.
2. COTTO- a cooked version of crudo which takes far less time to be produced, making it much less expensive. Either can be purchased bone-in or boneless.

CULATELLO- is Italian raw ham. It is cured and aged in wine and eaten raw. This is a rare and expensive ham

PRAGUE HAM - It is cured and smoked. It must be cooked before eating This can also be found canned.

PICNIC HAM- Is actually not a ham. The picnic shoulder comes from the shoulder of the hog, not the hind leg.

GAMMON

Gammon is the hind leg of pork which has been processed as a part of the whole carcass and then removed after the processing of the whole carcass is done.

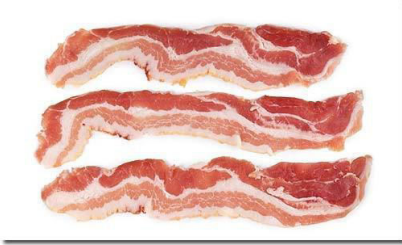
STORAGE

The un-dried varieties of ham have a refrigerated shelf life of 8 days.

The fine texture of ham is adversely affected by freezing.

Hold at the temperatures recommended for fresh meats.

BACON



Is the term used to describe a cured and usually smoked meat product made from the belly of the pigs.

VARIETIES OF BACON

SLICED BACON- is from the hog bellies which has been squared off. They are cured and most often smoked. , sliced thin and then packaged for retail sale.

SLAB BACON- Is the unsliced version sliced bacon. It has a longer shelf life

COUNTRY - CURED BACON- has a salty very strong flavor. It is more expensive than slab bacon

CANADIAN STYLE- is processed in the same manner as slab bacon except it is made from the loin. This product is more like ham than bacon and is very lean

PEA MEAL BACON- is form of Canadian bacon that is not smoked. After curing it is dried briefly and coated with yellow cornmeal

HAM BACON - is a German preparation, processed like bacon. It is comprised of a combination of pork leg meat rolled inside a pork belly , tied and processed.

GREEN BACON- Bacon is a [cured meat](#) prepared from a [pig](#). It is first [cured](#) using large quantities of salt, either in [brine](#) or in a dry packing; the result is fresh bacon also known as green bacon. It is called green bacon because when it is treated with nitrate salts, it results in a little greenish color on the meat.

STORAGE

Smoked bacon has a refrigerated shelf life of many months.

Surface mold which forms during storage may be cut away and the rest of the bacon used as long as it does not turn rancid.

Canadian bacon is much more perishable having a refrigerated shelf life of only four days.

CORNED BEEF



The name corned beef is from the old English term CORNS. Coarse salt the size of corn kernels used to cure beef. It is usually made from the brisket or plate of beef.

Corned beef is available already corned (cured) in the raw state , or fully cooked and ready to eat.

PASTRAMI



It is processed in a manner similar to corned beef. It is made from the navel section of the beef plate that is covered with black pepper and spices after it is cured and that it is hot smoked and fully cooked.

SPECIALTY ITEMS



ZAMPONE- is the northern Italian Modena region, fresh pork sausage. It is highly seasoned and the casing is boned leg section of the skin with the foot attached. It is traditionally served with lentils on new years' day

TETE PRESS- is a cured, boneless, rolled or pressed pig's head. It is poached and served with vinaigrette and thinly sliced onions

HEAD CHEESE- is a loaf product made from the pig's head, tongue included. It is cured and simmered in gelatinous stock for hours. The meat is then sliced from the head, diced and molded with the broth in which it was cooked.

SULZE- is a German product very similar to head cheese. it is made from the meat of pig's feet. The meat is combined with pickles and vegetables in tart flavored meat aspic



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