

Variations

Try mixing different kinds of fish. I have tried mixing halibut and salmon in an 8 or 9 to 1 ratio by weight with good success.

You can make this sausage without any casings. Simply extrude the sausage through the horn (a funnel will work also) and cut it into appropriate links. Then I like to partially cook it in the microwave (about 1 min.) and then smoke these links for about 1 - 1½ hours.

Additional Spice Formulas

English

Garlic salt	1	Tbs
Coriander	1¼	tsp
Pepper	¾	tsp

Use ½ tsp spice per 1 lb fish

French

Sugar	3½	Tbs
Black pepper	3½	tsp

Use ¼ tsp spice per 1 lb fish

Additional Recipes

Bratwurst*

2½	lbs	fish
2½	Tbs	water or ice
1½	Tbs	salt
½	tsp	white pepper
2¼	tsp	sugar
¼	tsp	coriander
¼	tsp	marjoram
¼	tsp	mace

Savoury Fish Links*

2½	lbs	fish
2¼	tsp	sugar
4½	tsp	lemon salt
2	tsp	powdered egg white
2	tsp	bread crumbs
1½	tsp	minced onion
½	tsp	white pepper

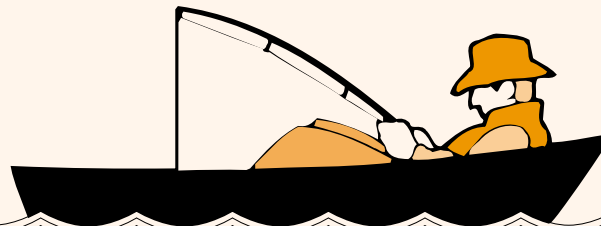
*From Devro Inc.

Devro is the manufacturer of edible collagen sausage casings. Collagen is a naturally occurring protein from cattle which can be broken down and reconstituted to make an edible material.

FISH-WURST



Recipes for Sausage from Fish



Doug Coughenower
Alaska Sea Grant Marine Advisory Agent



Basic Recipe

Fish	2½ lbs ground raw fish
Salt	4 tsp
Fat or oil	¼ C vegetable oil*
Starch	½ C + 1 Tbs**
Flavor and texture	⅔ C cooked rice or bread crumbs
Water	¼ C (more or less as needed)
Spice mix	¼ of amount for 10 lbs fish (see below)

*Pork fat can be used and should be diced into small kernels. If you are saturated-fat conscious you can substitute vegetable oil (as I do) or do without fat altogether.

**Use either corn starch or flour. Powdered milk may also be used.

Spice Formulas

Part of the fun of sausage making is in creating your own spice mix. To get you started, here are the ones I have used. Each batch is for 10 lbs of fish, so ¼ of it should be used for the basic recipe above. The amount used will also vary according to individual taste.

American

White pepper	2¼ Tbs
Sugar	2½ tsp
Sage	1 Tbs
Mace or nutmeg	1½ tsp
Ginger	½ tsp

Use 3½ tsp spice per 2½ lbs fish

Canadian

Corn flour	1½ Tbs
White pepper	2 Tbs
Nutmeg or mace	1½ tsp
Thyme	½ tsp
Sage	¾ tsp
Sugar	5 tsp

Use 4½ tsp spice per 2½ lbs fish

Italian

White pepper	2 Tbs
Fennel	1¾ Tbs
Mild red pepper	2 Tbs
Coriander	¾ Tbs
Paprika	1¼ tsp

Use 5¼ tsp spice per 2½ lbs fish

Polish

Corn syrup	3½ Tbs
Black pepper	1 Tbs
Marjoram	1½ tsp
Garlic powder	½ tsp

Use 3¾ tsp spice per 2½ lbs fish

Making the Sausage

- 1 Grind boneless, skinless fillets or chunks of fish. The grinding is much easier if the fish is frozen. Thaw it just enough so it can be cut with a sharp knife. I use a coarse grinding plate at this stage.
- 2 If you are using fresh or fully thawed fish, you may want to add the water in the form of ice and grind it along with the fish. It is a good idea to keep the fish as cool as possible during the grinding and mixing.
- 3 Measure salt and starch into a large bowl. Add oil, rice or bread crumbs, spice mix, and ground fish.
- 4 Mix thoroughly by hand or with electric mixer. Add enough cold water to keep the mixture moist. Knowing the right amount comes with experience.
- 5 This mixture should be kept in the refrigerator until you are ready for stuffing. Artificial or natural casings may be used. Artificial ones come ready to slip on the horn. Natural casings are usually stored salted and/or frozen. Freshen them just before using and keep them wet. Straighten natural casing out by blowing into one end.
- 6 Slide about 24"-30" (for Basic Recipe) of casing over the sausage horn on your grinder. Tie off the end of the casing after you have stuffed the first 6 inches, then continue stuffing, allowing the casing to slip off the horn when it is moderately packed. Don't pack too tightly, so you can link the sausage without bursting the casing.
- 7 Tie off the casing after completing the stuffing process. Link the sausage by twisting. Links can be long or short depending on the planned use.

Cooking the Sausage

After the sausage is linked, it can be cooked immediately or frozen or canned for future use. You can cook them several ways.

Frying—remember that you are cooking fish, not meat. Don't overcook.

Boiling—don't let cooking water exceed 190°F or the sausage may burst. Cook until firm, about 20-30 minutes.

Smoking—time will vary with sausage size. About 4-6 hours in a "Little Chief" type smoker seems about right. The longer you smoke them, the dryer they become. Smoked sausage must be frozen or canned for long storage.

Microwave—about 2-3 minutes at full power. You will need to experiment with your own oven to find the right time. Lightly smoked sausage can be finished off in a microwave.

