



Brasky & Son's Secret 100 Year Old Recipe

Fresh and Smoked Polish Sausage

5 pounds pork shoulder, boned, trimmed
1 pound beef chuck
6 Tablespoons salt
1-1/2 Tablespoons ground black pepper (Maison Royal Brand)
1/3 cup granulated sugar, optional
4 cloves garlic, minced
1-1/4 cups water, divided

Needed for Recipe:

Hog Casings 33-35.

Make sure that you have removed the casings from their package; separate and pat dry; cover them completely with dry salt and refrigerate until using.

Equipment needed: Grinder, Sausage Stuffing Attachment or Machine

Make sure to trim off bones and excess fat from pork; cut into 1 inch wide strips. Coarse grind or cut into 1-inch chunks. It is important to have this meat in chunks. Place in large mixing bowl.

Grind the beef; place in the bowl with pork. Add the salt, black pepper, and sugar if desired on top.

Finely mince the garlic, put garlic into 1/4 cup cold water; add to mixing bowl. Add additional 1 cup cold water.

With your hands, mix all ingredients in bowl until all the liquid is absorbed and well mixed. The meat will stick to your hands. This is an important step. Don't worry as you can't over mix the meat.

Cover the bowl; place in refrigerator overnight to blend flavors.

Remove the casings you will be using, soak in water about 1-1/2 hours. Then wash the inside and outside of casings in plain cold water until completely washed.

Stuffing the Sausages: Place a casing on the machine; fill the machine with prepared meat mixture to form 1 to 1-1/2 pound link. Follow the directions on your stuffing machine. Cut off your filled sausage to the desired size. Tie off the two ends together forming a round sausage link. Securely wrap your finished sausage links for freezing or refrigeration. Yield: about 6 to 8 pounds of sausage

Cook's Note:

1. The ground pepper he used was pure ground 16 oz. can Maison Royal. It appears that this company product is no longer available.
2. Danny Brasky told us that he uses about 3 garlic cloves, 1 Tablespoon ground pepper, and 1/3 cup granulated sugar per 5 pounds of meat. The sugar is optional but he likes to include this ingredient.
3. He also uses about 1 Tbsp. salt for every pound of meat.

About the Recipe: This Polish sausage was sold in their neighborhood corner store for about 76 years. It was the treasure of locals, who couldn't celebrate the holidays without it. The Brasky Family decided to share this special recipe so future generations would be able to enjoy it. It is seasoned simply but the preparation techniques and size of the meat make the difference in producing a quality product.

Cooking Fresh Polish Sausage:

If the kielbasa is frozen, thaw it a little. According to Danny's mother Eleanor Brasky, she places the fresh kielbasa in a large pot with one quartered peeled onion and adds enough water to cover the sausage.

Then, she bring it to a boil, skimming off any foam that collects on the water. Reduce the heat, cover the pot, and simmer on very LOW heat until the sausage is tender. If the water boils too rapidly, the sausage might burst. This could also happen if you prick the sausage.

Be sure to bring the internal temperature to 165 degrees F. Sources mentioned that the sausage should be simmered until tender, about 50 minutes to retain sausage flavor.

Other alternate boiling suggestions from cooks include adding peppercorn, marjoram, or

a bay leaf to the water but the Brasky family didn't add those spices. Some people suggest letting the sausage cool in the cooking liquid or cook it in beer.

For Smoked Polish Sausage: Follow the manufacturer's smoking directions for your smoker. They can be sliced and fried or grilled until hot since they are already cooked.

For More Cooking Suggestions: See:

<http://www.food.com/recipe/kielbasa-how-to-cook-fresh-homemade-kielbasa-387079>

<http://www.bonappetit.com/test-kitchen/cooking-tips/article/grill-sausages-boil>

Serving Suggestions: Many Polish families serve their Polish Sausage with fresh baked rye bread, mustard, pickles, sweet/sour cabbage, horseradish, onion/mushroom kraut, and pierogi (pan fried dumplings)