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Old-Fashioned Bologna and Franks

Ingredients:

- 7 lbs lean meat
- 2 lbs. pork butt
- 1 lb. beef or pork fat
- 5 tablespoons salt
- 2 teaspoons curing salt
- 2 tablespoons paprika
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 3 teaspoons white pepper, ground
- 2½ teaspoons cardamom, ground
- 2 teaspoons mustard seed powder
- 2 teaspoons mace
- 1/2 cup corn syrup solids
- 1/4 cup powdered dextrose
- 1 cup ice water
- 1 cup flavor binder 86 or 2 cups non-fat-dry milk
- 3 (4" x 16") prepared fibrous casings

For More Info [Click Here To Buy the "Sausage and Jerky Handbook"](#)

Directions:

Grind meats and fat together 3 times through fine (1/8-inch) grinder plate..

Combine ground meat mixture with all remaining ingredients; mix/knead well.

Regrind seasoned meat mixture through fine plate (1/8") one additional time.

Stuff seasoned mixture into prepared fibrous casings or hog casings if you are making franks; tie bologna - twist franks into 6" links.

Cure stuffed product overnight in refrigerator.

Next day, place product in smoker - open damper - hold heat source at 130-140 degrees for one hour - close damper - add smoke - increase heat source to 150-155 degrees for 1 hour - remove smoke - increase heat source to 170 degrees - hold until the internal temperature of bologna or franks reach 152 at which time product is fully cooked.

Shower product 2 to 3 minutes with cold water.

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