Article Side
Basic Info About the Summer Sausages Most People Love by Alex Staff

Article published on April 19th 2012 | Food

Summer sausages aren't necessarily made in the summer season-although they could be. Summer sausages are seasoned sausages that are totally cured and do not call for refrigeration. They're made out of meat scraps-like with all sausages-and can be made using a combination of meats to have flavor variety.

There are many kinds of Summer sausages. Cervelat-style sausages like thuringer, blockwurst, and mortadella are fine examples. Those living in Eastern Europe even have their very own types of summer sausages that go as far back to times when meat should be well-preserved considering that refrigeration was impossible. Summer sausages may be bought at grocer shops that bring in special regional food products.

Ingredients. Pork and beef are a typical pairing in summer sausages, though venison and other game meat can be used as well. Summer sausages might also contain organ meat, even though this once common culinary practice has greatly receded in popularity over time. Salt is always utilised in flavoring summer sausages, but pepper, sugar, and mustard seeds can likewise be used. People from various places on the planet have their own summer sausage seasoning practices, resulting in a great deal of tastes for this diverse family of cured meats.

Curing. As soon as the ingredients are completely combined and forced into sausage casings, summer sausages should be cured. Again, curing strategies differ considerably based on traditions and geographic locations, but summer sausages will eventually be either dried or smoked. Smoking is performed slowly and gradually at a really low temperature to create an even cure. Drying is performed in the open on huge racks which exploit the sun and seasonal winds.

The moment curing is done, summer sausages may be consumed as they are. They can also be chopped into lean portions, and rolled, and may also be warmed, cooked, and incorporated as an additive for other dishes. A few modern day summer sausages may be less-cured, requiring refrigeration and cooking before they can be eaten. Typically, less-cured summer sausages like what you find in meat and cheese gift baskets are milder in taste as compared to most summer sausages.

Nutritional Values. Summer sausages are generally made with roughly 25% protein and 75% fat. Consuming 2 ounces will give you close to 10 grams of protein, 18 grams of fat, 650 milligrams of sodium, and 170 total calories, with 135 of that amount received from fat. That being said, thereâ€™s no way that a summer sausage is a health food. However, thereâ€™s no denying that it tastes delicious. Consuming it carefully is the key to enjoy its rich flavors.

Summer sausages are showcased prominently in lots of grocer shops' cheese and sausage gift baskets. See more summer sausage information and recipes online.

Article Source:
http://www.articleside.com/food-articles/basic-info-about-the-summer-sausages-most-people-love.htm - Article Side

Alex Staff - About Author:
For more details, search a cheese and sausage gift baskets, a meat and cheese gift baskets and a

Summer sausages in Google for related information.

Article Keywords:
cheese and sausage gift baskets, meat and cheese gift baskets, Summer Sausages

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!