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Although they can be made during summer, summer sausages aren't necessarily produced within this time of the year. Summer sausages are seasoned sausages that are thoroughly cured and do not need refrigeration. They're made using meat scraps-just like all sausages-and can be made from the mix of meats to get flavor variety.

There are plenty of types of summer sausages. Cervelat-style sausages like blockwurst, mortadella, and thuringer are great examples. Those living in Eastern Europe even have their own kinds of summer sausages that go back to periods when meat must be well-preserved given that refrigeration was out of the question. Summer sausages can be bought at grocer shops that offer special regional foods.

Ingredients. Beef and pork are a standard combo in summer sausages, though venison and various game meat can be used also. Summer sausages can also include organ meat, even if this once typical culinary practice has significantly waned in popularity over time. Salt is consistently used in flavoring summer sausages, but pepper, sugar, and mustard seeds can be used also. People from different places on the planet have their own summer sausage seasoning customs, making a wide range of types for this diverse group of cured meats.

Curing. Once the ingredients are completely blended and pressed into sausage casings, summer sausages have to be cured. Again, curing techniques differ significantly according to geographic locations and traditions, but summer sausages will eventually be either dried or smoked. Smoking is conducted slowly at a really low temperature to create an even cure. Drying is performed in the open on huge racks which take advantage of the sun and seasonal winds.

The moment curing is done, summer sausages may be eaten as they are. They can also be sliced up into thin sections, and rolled, and can likewise warmed, cooked, and used as an ingredient for some other dishes. A few contemporary summer sausages might be less-cured, needing refrigeration and cooking right before they could be enjoyed. Normally, less-cured summer sausages like what you find in meat and cheese gift baskets have milder taste compared with most summer sausages.

Nutritional Values. Summer sausages are mainly made with roughly 25% protein and 75% fat. Eating 2 ounces gives you around 650 milligrams of sodium, 10 grams of protein, 18 grams of fat, and 170 total calories, with 135 of that number received from fat. With that said, there is absolutely no way that a summer sausage is a health food. However, there is no denying it tastes delicious. Consuming it in moderation is key to enjoy its abundant flavors.

Summer sausages are showcased prominently in numerous grocer shops' cheese and sausage gift baskets. Find more summer sausage facts and tested recipes on the Net.

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