

Deli Meats and Sausage Making
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UCCE El Dorado County Master Food Preservers

So, how funny is this... a vegan writing about meats and sausages? Actually, a former meat and sausage fan writing about meats and sausages, so things will work out fine. Better than fine, because when meats and sausages come from the market, the average home food preserver has no control over the ingredients that may have been used to create these products. Preserving meats and mixing sausages at home insures that what goes into the process remains the choice of the processor.

Join Master Food Preserver Gene Kendall at the free public classes offered by the MFPs of El Dorado County to learn how to cure, smoke, and handle meat products. Gene introduces the meat classes with "Sausage" on September 8, from 10:00 a.m. to noon at the UCCE Building at 311 Fair Lane in Placerville. Then, on September 11, continue learning about meats at the "Deli Meats" class in Garden Valley at the Marshall Grange, 4940 Marshall Road, also from 10:00 a.m. to noon.

Starting with recommendations for various types of meat, Gene takes the class through the many intricacies of home curing. Learn all about the products available to enhance flavor, color and storage times. Critical to safe home meat preservation, sanitizing and cleaning methods will be demonstrated and listed. The importance of ingredients such as nitrites and nitrates come under discussion, allowing the class participants to understand the role that each plays in preserving meats at home. The various types of sausage casings, and the many types of spices and seasonings used in sausages will be explained and samples will be available for inspection. Cold smoking, wood smoking, drying, low-temperature smoking and smoke curing, cooking and roasting explanations given precisely and carefully add to the information for the home meat preserver. Modern instructions for safe handling of meat and meat products will be taught, as well as what happens when someone fails to follow safe procedures.

And, after all that information, Gene will demonstrate the techniques and share recipes for several different processes and types of meat, along with showing the class how to properly use the many tools available for meat handlers. This class is great for everyone, even a vegan who, once a year on her birthday, enjoys a delicious German sausage.

For questions about safe home food preservation, or to schedule a speaker for organizations or clubs on the topics of food safety or food preservation, call the Master Food Preservers at (530) 621-5506. For more information, be sure to go to the Master Food Preserver website at http://cecentralsierra.ucanr.org/Master_Food_Preservers/. Sign up to receive our new Master Food Preservers E-Newsletter at <http://ucanr.org/mfpenews/>.

Should assistance or special accommodations for any of these educational programs be required, please call (530)621-5502.

