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UCCE Master Food Preservers of Sacramento County



**University of California**  
Agriculture and Natural Resources

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*Sacramento County Master Food Preservers  
Monthly Wednesday Night  
Demonstration*

*September 21, 2022*  
**Sausages and Mustards**



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### *Resources:*

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 916-875-6913.

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## BREAKFAST SAUSAGE

Source: Adapted from Alton Brown recipe

Yield: About 2 pounds

2 lbs boneless pork shoulder, cut into 1 inch cubes	2 teaspoons dry thyme leaves
2 teaspoons salt	1 tablespoon brown sugar
1-1/2 teaspoons ground black pepper	1/2 teaspoon fresh ground nutmeg
2-4 teaspoons dry, rubbed sage (to taste)	1/2 teaspoon red pepper flakes
	1/2 teaspoon cayenne pepper

1. Combine pork chunks with all other ingredients and chill in freezer for about 1 hour.
2. Using the fine blade, grind the seasoned pork.
3. Store in bulk. Refrigerate for 2-3 days or freeze for up to 3 months.

## SWEDISH POTATO SAUSAGE

Source: Home Sausage Making, Susan Mahnke Peery & Charles G. Reavis

Yield: 5 pounds

1 pound very lean beef	1/2 tsp freshly ground black pepper (medium grind)
1/2 pound lean pork butt	1/2 tsp freshly ground white pepper (medium grind)
1/2 pound pork fat	1/4 tsp ground allspice
5 large potatoes	1/4 tsp ground mace
1 large onion, peeled and coarsely chopped	1/4 tsp freshly grated nutmeg
2 teaspoons kosher or coarse salt	Chicken broth for cooking sausage
1 clove garlic, minced	4 feet medium hog casings, cleaned and rinsed

1. Cut the beef, pork, and pork fat into 1-inch cubes. Freeze the cubes for about 30 minutes to firm them up before grinding through the fine disk of a meat grinder. Refrigerate until ready to use.
2. Peel and boil the potatoes in lightly salted water for 10 minutes. They will be quite firm in the center. Allow them to cool before processing.
3. Cube the cooled potatoes and mix with the onion. Put the mixture through the fine disk of the grinder.
4. In a large bowl, combine the ground meats and potato mixture. Add the salt and spices. The mixture will be sticky, so dip your hands in cold water, then mix well, using your hands.
5. Stuff the mixture into the prepared casing, prick air pockets, and twist off into 12-inch links. With butcher's twine, tie two separate knots between each link and one knot at each end. Separate the links by cutting between the two knots, then bring the ends of each link together and tie to form a ring.

6. Poach the rings in chicken broth to cover for 45 minutes. Serve warm or refrigerate and serve cool. The sausages may be refrigerated for up to 3 days or frozen for up to 3 months.

## POLISH SAUSAGE

Yield: About 1-1/2 pounds

1-1/2 pounds coarsely ground pork	1 to 2 teaspoon liquid smoke, to taste
1/2 teaspoon ground allspice	1/2 cup ice water
3-1/2 teaspoon pepper	2 tablespoons red wine
6 cloves garlic, crushed	Casings, cleaned and rinsed (optional)
1 teaspoon salt	

1. In a large chilled bowl, mix all ingredients except the water, then add the water and mix
2. Roll into a sausage shape. Place shaped sausage in plastic bags that can be sealed and are safe to cook in.
3. Place bag into boiling water. Boil for 45 minutes.
4. Remove sausages from bag and store in the refrigerator or freezer for later use.
5. Reheat by browning in a frying pan or grill, bake or broil to an internal temperature of 160°F.

## CHICKEN OR TURKEY SAUSAGE

Yield: 5 pounds

5 pounds of boneless, chicken or turkey (combination of light and dark meat), skin included	2 tsp ground black pepper
1 cup finely chopped fresh onion or 2 tablespoons onion powder	1 tsp ground nutmeg
3/4 cup chopped dried apples	1 tsp dried red pepper flakes
1/2 cup dried apricots	1 cup dry nonfat milk powder
1 Tbsp dried sage	Casings, cleaned and rinsed (optional)
1 Tbsp kosher salt	

1. Cut the meat and skin into workable pieces, chill 1 hour in freezer, and grind through the medium plate on your meat grinder.
2. Add the spices and milk powder to the ground meat and mix well by hand.
3. Grind the sausage mixture one more time through the medium plate on your meat grinder.
4. Stuff immediately into natural or collagen casings or refrigerate/freeze in bulk for later use.

### NOTE:

**SAUSAGE MADE FROM THE ABOVE FOUR RECIPES MAY BE REFRIGERATED OR FROZEN IN BULK OR LINKED USING NATURAL CASINGS.**

## OKTOBERFEST BEER MUSTARD

Source: *Ball Complete Book of Home Preserving, 2012*

Yield: About five 4-ounce jars

- 1-1/2 cups beer (any type of beer works)
- 1 cup brown mustard seeds
- 1 cup water
- 1/2 cup malt vinegar
- 1/2 cup lightly packed brown sugar
- 1/4 cup dry mustard
- 1 tablespoon onion powder

1. In a medium stainless steel saucepan, combine beer and brown mustard seeds. Bring to a boil over medium-high heat. Remove from heat, cover and let stand at room temperature until seeds have absorbed most of the moisture, about 2 hours.
2. Prepare canner, jars and lids.
3. In a blender or a food processor fitted with a metal blade, puree marinated seeds and any remaining liquid until blended and most seeds are well chopped. (*You want to retain a slightly grainy texture.*)
4. Transfer mixture to a stainless steel saucepan and whisk in water, vinegar, brown sugar, dry mustard and onion powder. Bring to a boil over high heat, stirring constantly. Reduce heat to medium and boil gently, stirring frequently, until volume is reduced by a third, about 15 minutes.
5. Ladle hot mustard into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot mustard. Wipe rim. Apply lids and rings.
6. Process jars in boiling water or atmospheric steam canner for 10 minutes. (To adjust for altitude: at 1,001 to 3,000 feet process 15 minutes; at 3,001 to 6,000 feet process 20 minutes; at 6,001 to 8,000 feet process 25 minutes; 8,001 to 10,000 feet process 30 minutes.) Remove canner lid. Wait 5 minutes, then remove jars, cool, and store.

## CRANBERRY MUSTARD

Source: *Ball Complete Book of Home Preserving, 2012*

Yield: About seven 4-ounce jars

1 cup red wine vinegar  
2/3 cup yellow mustard seeds  
1 cup water  
1 Tbsp Worcestershire sauce  
2-3/4 cups cranberries (fresh or frozen)  
3/4 cup granulated sugar  
1/4 cup dry mustard  
2-1/2 tsp ground allspice

1. In a medium stainless steel saucepan, bring vinegar to a boil over high heat. Remove from heat and add mustard seeds. Cover and let stand at room temperature until seeds have absorbed most of the moisture, about 1-1/2 hours.
2. Prepare canner, jars and lids.
3. In a blender or a food processor fitted with a metal blade, combine marinated mustard seeds (with liquid), water, and Worcestershire sauce. Process until blended and most seeds are well chopped. (*You want to retain a slightly grainy texture.*) Add cranberries and blend until chopped.
4. Transfer mixture to a stainless steel saucepan and bring to a boil over medium heat, stirring constantly. Reduce heat to medium-low and boil gently, stirring frequently, for 5 minutes. Whisk in sugar, dry mustard, and allspice. Continue to boil gently over low heat, stirring frequently, until volume is reduced by a third, about 15 minutes.
5. Ladle hot mustard into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot mustard. Wipe rim. Apply lids and rings.
6. Process jars in boiling water or atmospheric steam canner for 10 minutes. (To adjust for altitude: at 1,001 to 3,000 feet process 15 minutes; at 3,001 to 6,000 feet process 20 minutes; at 6,001 to 8,000 feet process 25 minutes; 8,001 to 10,000 feet process 30 minutes.) Remove canner lid. Wait 5 minutes, then remove jars, cool, and store.

## GINGER-GARLIC MUSTARD

Source: *Ball Complete Book of Home Preserving, 2012*

Yield: About five 4-ounce jars

1-1/2 cups water  
1/2 cup coarsely grated peeled gingerroot  
2 Tbsp chopped garlic  
1 tsp cracked black peppercorns  
1/2 cup yellow mustard seeds  
1/4 cup brown mustard seeds  
1 cup cider vinegar  
1 Tbsp soy sauce  
1/3 cup dry mustard  
1/4 cup granulated sugar

1. In a medium stainless steel saucepan, combine water, gingerroot, garlic, and peppercorns. Bring to a boil over medium-high heat. Reduce heat to low and boil gently for 5 minutes.
2. Transfer mixture to a sieve placed over a glass or stainless steel bowl and press with the back of a spoon to extract all the liquid. Discard residue and return liquid to saucepan. Add yellow and brown mustard seeds. Cover and let stand at room temperature until seeds have absorbed most of the moisture, about 2 hours.
3. Prepare canner, jars and lids.
4. In a blender or a food processor fitted with a metal blade, combine marinated mustard seeds with liquid, vinegar, and soy sauce. Process on medium speed until blended and most seeds are well chopped. (*You want to retain a slightly grainy texture.*)
5. Transfer mixture to a stainless steel saucepan and whisk in dry mustard and sugar. Bring to a boil over medium heat, stirring constantly. Reduce heat to low and boil gently, stirring frequently, until volume is reduced by a third, about 15 minutes.
6. Ladle hot mustard into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot mustard. Wipe rim. Apply lids and rings.
7. Process jars in boiling water or atmospheric steam canner for **10 minutes**. (To adjust for altitude: at 1,001 to 3,000 feet process 15 minutes; at 3,001 to 6,000 feet process 20 minutes; at 6,001 to 8,000 feet process 25 minutes; 8,001 to 10,000 feet process 30 minutes.) Remove canner lid. Wait 5 minutes, then remove jars, cool, and store.

## DIXIE RELISH

Source: *Ball Complete Book of Home Preserving, 2012*

Yield: About 6 half-pints

4 cups finely chopped cabbage	2 Tbsp celery seeds
1-1/2 cups chopped onions	1 Tbsp whole allspice
1-1/2 cups chopped seeded red bell pepper	1 Tbsp whole cloves
1-1/2 cups chopped seeded green bell pepper	1-4" cinnamon stick, broken into pieces
1/4 cup pickling or canning salt	3 cups white vinegar
7 cups lukewarm water	2 cups granulated sugar
3 Tbsp mustard seeds	

1. In a large glass or stainless steel bowl, combine cabbage, onions, and red and green peppers. Dissolve pickling salt in lukewarm water and pour over vegetables. Cover and let stand in a cool place (70 to 75°F) for 1 hour. Transfer to a colander placed over a sink and drain thoroughly. Rinse with cool water and drain thoroughly again. Using your hands, squeeze out excess liquid. Set aside.
2. Meanwhile, prepare canner, jars, and lids.
3. Tie mustard seeds, celery seeds, allspice, cloves, and cinnamon stick in a square of cheesecloth, creating a spice bag.
4. In a large stainless steel saucepan, combine drained cabbage mixture, vinegar, sugar, and spice bag. Cover and bring to a boil over medium-high heat. Uncover, reduce heat and boil gently, stirring frequently, until thickened to the consistency of a thin commercial relish, about 15 minutes. Discard spice bag.
5. Ladle hot relish into hot jars, leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
6. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 15 minutes. (To adjust for altitude: at 1,001 to 3,000 feet process 20 minutes; at 3,001 to 6,000 feet process 25 minutes; at 6,001 to 8,000 feet process 30 minutes; 8,001 to 10,000 feet process 35 minutes.)
7. Remove canner lid. Wait 5 minutes then remove jars, cool and store.

## BOILING WATER CANNING PROCESS

1. Before you start preparing your food, fill the canner halfway with clean water. This is approximately the level needed for a canner load of pint jars. For other sizes and numbers of jars, adjust the amount of water in the canner so it will be 1 to 2 inches over the top of the filled jars.
2. Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods. Food preparation can begin while this water is preheating. Do not have the water boiling when you add the jars.
3. Fill, fit with lids, load onto the canner rack and use the handles to lower the rack into the water; or fill the canner with the rack in the bottom, one jar at a time, using a jar lifter. When using a jar lifter, make sure it is securely positioned below the neck of the jar (below the screw band of the lid). Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid.
4. Add boiling water, if needed, so the water level is at least 1 inch above jar tops. Pour the water around the jars, not on them. For process times over 30 minutes, the water level should be at least 2 inches above the tops of the jars.
5. Turn heat to its highest position, cover the canner with its lid, and heat until the water in the canner boils vigorously.
6. Set the timer for the total minutes required for processing the food, adjusting for altitude.
7. Keep the canner covered and maintain a boil throughout the process schedule. The heat setting may be lowered a little as long as a complete boil is maintained for the entire process time. If the water stops boiling at any time during the process, bring the water back to a vigorous boil and begin the timing of the process over, from the beginning.
8. Add more boiling water, if needed, to keep the water level above the jars.
9. When the jars have boiled for the recommended time, turn off the heat and remove the canner lid. Wait no more than 5 minutes before removing jars.
10. Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1-inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.



## ATMOSPHERIC STEAM CANNING PROCESS

1. Use a research tested recipe and processing time developed for a boiling water canner when using an atmospheric steam canner. An atmospheric steam canner may be used with recipes approved for half-pint, pint, or quart jars.
2. Add enough water to the base of the canner to cover the rack. (Follow manufacturer recommendations.)
3. Preheat water to a very low simmer. Food preparation can begin while this water is preheating. Do not have the water boiling when you add the jars.
4. Heat jars prior to filling with hot liquid. Do not allow the jars to cool before filling.
5. Fill, fit with lids and rings, load filled jars onto the canner rack and place the lid on the canner base.
6. Turn heat to its highest position to boil the water until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. Jars must be processed in pure steam environment.
7. If using a canner with a temperature sensor, begin processing time when the temperature marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s).
8. Set the timer for the total minutes required for processing the food, adjusting for altitude. Processing time must be limited to 45 minutes or less, including any modification for elevation. The processing time is limited by the amount of water in the canner base. When processing food, do not open the canner to add water.
9. Monitor the temperature sensor and/or steady stream of steam throughout the entire timed process. Regulate heat so that the canner maintains a temperature of 212°F. A canner that is boiling too vigorously can boil dry within 20 minutes. If a canner boils dry, the food is considered under-processed and therefore potentially unsafe.
10. At the end of the processing time, turn off the heat and wait 2 to 3 minutes. Carefully remove the lid, lifting the lid away from you.
11. Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1-inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.

