

Bratwurst

Authentic homemade German bratwurst recipe with traditional spices. Step-by-step guide to making delicious pork sausages from scratch.

2h

PREP

2h

TOTAL

8

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 tbsp salt
- 1 tsp white pepper
- 3 tsp black pepper
- 1 tsp ginger powder
- 1 tsp marjoram
- 3 tsp mustard
- 1 tsp cardamom powder
- 1 tsp cilantro (coriander)
- 1 tsp cumin
- 1 cup milk

Instructions

1 Prepare the meat mixture

Combine all spices in a small bowl: 1 tablespoon salt, 1 teaspoon white pepper, 3 teaspoons marjoram, 1 teaspoon mace, 1 teaspoon ground ginger, 3 teaspoons garlic powder, 1 teaspoon ground cardamom, and 1 teaspoon mustard powder. Mix thoroughly and set aside.

2 Dice 2 pounds pork shoulder and 8 ounces pork fat into 1-inch cubes. Place meat and fat on a baking sheet and freeze for 45 minutes until very cold but not frozen solid.

3 First grind

Remove chilled meat from freezer and place in a large bowl with 1 cup crushed ice. Using a meat grinder fitted with a coarse (6mm) plate, grind the meat mixture into a bowl set over ice, working quickly to keep

everything cold.

- 4 Take half of the ground meat and pass it through the grinder a second time for a finer texture. Combine both coarse and fine ground meat in the bowl.

- 5 **Mix the sausage**

Transfer the ground meat to a stand mixer fitted with the paddle attachment. Add the prepared spice mixture and 1 cup dry milk powder to the meat.

- 6 Mix on medium speed for 3-4 minutes until the mixture becomes sticky and protein strands appear when you pull a small piece apart with your fingers. The mixture should hold together well.

- 7 **Stuff the casings**

Rinse hog casings in cold water and thread onto your sausage stuffer. Fill the casings with the meat mixture, leaving no air gaps but avoiding overstuffing, which can cause bursting.

- 8 Twist the filled casing into individual 6-inch links by pinching and rotating every 6 inches. Prick any visible air bubbles with a sterilized needle.

- 9 **Cook the bratwurst**

Bring a large pot of lightly salted water to 180°F (82°C) - just below simmering. Gently poach the sausages for 15-20 minutes until they reach an internal temperature of 160°F (71°C).

- 10 Remove bratwurst from poaching liquid and pat dry. Grill or pan-fry over medium heat for 8-10 minutes, turning frequently, until golden brown and heated through before serving.

Tips

Keep all ingredients and equipment extremely cold throughout the process - this prevents fat from smearing and ensures proper texture development in your bratwurst.

Test your seasoning blend by cooking a small portion of the meat mixture before stuffing the casings, allowing you to adjust spices to your preference.

When grinding meat, work quickly and in small batches to maintain consistent temperature and texture throughout the mixture.

Avoid overstuffing the casings - they should feel firm but still have slight give when gently squeezed to prevent bursting during cooking.

Prick any visible air bubbles with a sterilized needle or sausage pricker to prevent the casings from splitting during the cooking process.

Allow freshly made bratwurst to rest in the refrigerator overnight before cooking - this helps flavors meld and improves the overall texture.

When cooking, start with gentle poaching in beer or water before finishing with high heat to ensure even cooking and prevent splitting.

Invest in quality natural hog casings from a reputable supplier - they make a significant difference in both texture and authentic flavor.