

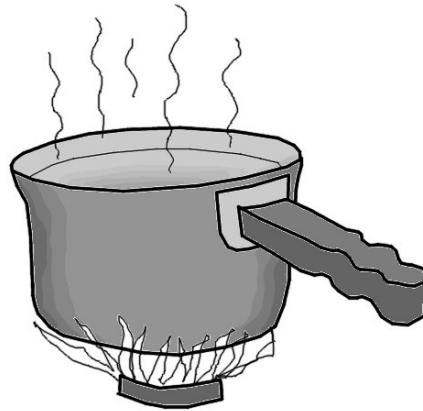


# Helpful Cooking Hints and Tips

*Provided by our Master Sausage Maker*

## Prep Ahead—Parboil Sausage

- 1) Boil a pot of water
- 2) Put the sausage in
- 3) Cover with a lid and turn off heat
- 4) Let it sit for 12 min
- 5) Cool sausage down
- 6) Now it's ready for the BBQ, 5 minutes to brown up



## About Meadow Creek Sausage

All meats are raised without the use of added hormones and antibiotics

No preservatives, additives, nitrates, shelf life extenders, colour enhancers, etc

No added chemicals

Gluten Free Facility

Family owned and operated since 2011

Natural, locally sourced ingredients

Using only Rocky Mountain Spring water

## The Do's and Don'ts of Cooking Sausage

### DO'S

- Do let the sausage sit after cooking prior to serving, it will keep the juiciness inside

*Want to know more? Give us a call at 403-625-0550 or visit us at [www.meadowcreeksausage.ca](http://www.meadowcreeksausage.ca). Like us on Facebook*

### DON'TS

- Don't BBQ sausage on high heat. High heat causes the casing to burst causing loss of juiciness and flavour
- Don't poke holes in the sausage, it lets out all the flavour and juiciness
- Don't cook the sausage from frozen. Let it thaw prior to cooking. This will promote even cooking throughout the sausage