



## Chorizo Sausage

Chorizo is a typical Spanish sausage cured by smoke or air, made with minced meat marinated in spices, of which the most popular is paprika, which gives it a red colour. Formerly the sausages, such as longaniza and chorizo, were made in the winter, as the cold weather helped the salting stage of Spanish ham and the drying of the sausages. However, nowadays, technology allows the curing to take place in whichever season of the year and they allow a longer conservation period due to the use of freezers and vacuum packs etc; techniques that reduce the use of ash and olive oil as conservatives.

Homemade Spanish chorizo is normally made with the same ingredients in all provinces with the only difference being in the blend of spices used, which can vary from region to region, the main ingredients of chorizo for each kilo of meat are listed below.. In the chorizo elaboration process at an industrial level other ingredients are added: nitrites and nitrates to give it its red colour and avoid botulism, ascorbic acid is added to accelerate colouration and to prevent the fat from oxidising and maturation regulators are added as sweeteners to promote the maturation of the chorizo. Chorizo can be encased in a wide intestine (chorizo cular) or in a narrow intestine, sometimes its form is straight (chorizo de vela) and other times it can be encased in the form of a horseshoe (chorizo sarta), the latter being the most popular form used in Aragón.

I also use lactobacillus plantanum which possess antimicrobial properties which are very effective in inhibiting not only *Staph.aureus* but also *Salmonella*, *Cl.botulinum* and other microorganisms, including yeasts.

Ingredients: per 1 kilo of female pork shoulder and neck large dice,  
32grams of salt  
5g sugar  
25g finely diced garlic  
8g cayenne pepper  
10g paprika  
15g smokey paprika  
1g dried oregano  
8g crushed chilli  
3 table spoon coarsely ground coriander  
2 table spoon coarsely ground fennel  
½ capsule of IBS support (lactobacillus plantanum)

100mls Red wine

Please note that the above ingredients are for dry curing your sausages, the salt content for dry curing is over 3% and in this recipe it is 3.2% per kilo, if you intend to cook your chorizo you need to reduce the salt to simply seasoning your sausage, and if you so desire smoke your chorizo (cold smoke) and cook later or hot smoke to cook it there and then.

Curing your Chorizo and or any salami type sausage needs the right temperature and humidity, optimum temp is around 13 degrees C and around 70% humidity. Sausages are ready once they have lost 30% of their weight.