

How to Make German Ring Bologna

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Instructions

Things You'll Need:

- 4 pounds lean beef
- 1 pound pork shoulder
- Meat grinder
- Sausage stuffer
- German ring bologna kit, or
- 12 ounces ice water
- 1/2 cup whole wheat flour
- 1 1/8 teaspoons food-grade saltpeter
- 6 tablespoons dark brown sugar
- 8 teaspoons untoasted, ground coriander
- 4 1/2 teaspoons coarse ground black pepper
- 1 1/2 teaspoons garlic powder
- 40mm collagen sausage casings or beef round sausage casings
- Smoker
- Large stockpot
- Meat thermometer
- Wooden dowels



Prepare the Meat

- Step 1:

Cut the beef and pork into 2-inch cubes, wrap in plastic wrap and partially freeze. While the cubes are in the freezer, place the grinding parts of your meat grinder in the freezer to chill thoroughly. This will make the grinding of the meat easier.

- Step 2:

Assemble the grinder and grind the meat cube using the 1/8-inch plate. Use your hands to blend the two types of meat together.

- Step 3:

Follow the directions of the bologna kit to prepare the spices, or, if using individual spices, add the flour, sugar, saltpeter, coriander, black pepper and garlic powder to 12 ounces of ice water. Stir until the mixture is completely blended.

- Step 4:

Mix spices into the meat using your hands to blend the mixture throughout the meat.

- Step 5:

Refrigerate the meat until well chilled. Regrind, using the 1/8 inch plate.

Stuff the Sausage

- Step 1:

Assemble your sausage stuffer using one of the larger tubes.

- Step 2:

Tie one end of the sausage casing closed. Insert the open end on the stuffing tube and gather the casing until the tied end is flush with the end of the tube.

- Step 3:

Stuff into 18-inch lengths. Cut and tie the ends.

Smoke the Sausage

- Step 1:

Refrigerate the bologna. Light your smoker, and wait until it reaches a temperature of 225 degrees Fahrenheit.

- Step 2:

Smoke the bologna lightly, using maple wood chips for flavor. Use approximately 1/4 to 1/2 cup of soaked chips, adding up to 1/4 cup more if cooking time is longer than 1 hour.

- Step 3:

Continue to smoke until the bologna reaches an internal temperature of 155 degrees Fahrenheit.

Boil the Bologna

- Step 1:

Place the smoked bologna in a large stockpot and cover with water.

- Step 2:

Bring to a boil and cook until the bologna reaches an internal temperature of 180 degrees Fahrenheit.

- Step 3:

Dry the bologna by hanging over wooden dowels until dry. Refrigerate as soon as the casings are dry to the touch.

Tips & Warnings

- German ring bologna will keep in the refrigerator for approximately one to two weeks. Longer storage requires freezing.