

A recipe for Kupwurst

Uncle Dave

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Kupwurst is an old time recipe.

The ingredients are beef, onions, salt, and allspice and sometimes pepper. The beef is cooked with bones (bones are needed for the good tasting broth). The beef is then separated from the bones (bones are then thrown away) and broth (broth is saved). The meat is then run through a grinder (medium cut), and set aside. The onions are cooked and also run through the grinder. Then the beef, onions, salt, allspice and pepper (if used) are all put into a mixing tub and mixed well. You then put the mixture into a NESCO type roaster, add broth (not too much) and simmer for 2 to 4 hours to flavor through.

You can than freeze the Kupwurst in batch sizes of you choosing.

A 10 pound (using the cooked and drained beef as the starting point. You will get around 16 pounds of Kupwurst when done with 10 pounds of cooked beef.) batch consists of:

- 4 - 6 pounds beef bones (ask your butcher for them)
- 10 pounds beef roast, cooked and drained
- 6 pounds onions, peeled and cut up
- 3 ounces salt
- 3/4 ounce allspice
- pepper to taste (if using)

This recipe is a starting point and can be scaled up or down as needed for different batch sizes. You can also adjust the allspice, onions and salt to fit your taste.

NOTE: I find that the raw uncooked beef roasts will cook down to 58% to 60% when cooked.