

IN THE NEWS

According to Foodservice Facts 2006, Canadians are trying to balance their busy work and home lives by eating fewer restaurant meals on restaurant premises, and more at home or on the go. **On-premise eating accounted for less than 40% of all meal occasions in 2005 – down sharply from nearly 46% in 1996.** Preferred foods are roast chicken, gourmet burgers and ethnic foods that are easy to travel with. (Canadian Restaurant & Foodservices Association).

A Reminder: Malabar will be closed on Friday, June 30th, in honour of the Canada Day holiday

FACTS

According to the American National Hot Dog and Sausage Council, Los Angeles California was the #1 sausage-eating city in the United States, in 2004. The total number of sausages consumed was recorded at 21, 289, 220.



The Meat of It: Sausage

Malabar Super Spice was founded by a German sausage-making family to provide spices, seasonings, ingredients and supplies to sausage makers and meat processors across the country.

Many of Malabar's oldest customers are expert sausage makers, and so, with BBQs starting up across the country, Malabar pays homage to the sausage.



What Is a Sausage?

A sausage consists of ground meat, herbs and spices, often with some functional ingredients, and is traditionally packed in a casing made from the intestines of animals. The word sausage originally comes from the Latin word "salsus", which means salted or preserved. It is often assumed that sausages were invented by the Sumerians (in what is Iraq today), around 3000 BC. However Chinese sausage, made from goat and lamb meat, was first mentioned in 589 BC, and evidence suggests that sausages were already popular both among the ancient Greeks and Romans.

The Art of Sausage Making

A good sausage maker is as discriminating about what goes into sausage as the winemaker is about selecting grapes. Sausage making has become a highly respected culinary art, with Germany alone boasting more than 1200 distinct varieties. Made from pork, beef, chicken, turkey, or wild game, every nation or region has its characteristic sausages - Bologna from Bologna, Italy, Lyons Sausage from Lyons, France, and Berliner Sausage from Berlin, Germany, just to name a few.



*Continued on page three...
The Meat of it: Sausage*

FROM THE LAB



Brine Preparation: ORDER IS EVERYTHING

When preparing brine, the order in which ingredients are added and mixed is one of the most important factors in ensuring a successful end product. We recommend that ingredients be added in the following order:

1 **COLD Water/Ice @ 0°C to 2°C**

Why? Most functional ingredients, ESPECIALLY the phosphates work best at lower temperatures. Processing temperatures should also be kept low in order to help ensure food safety and to maximize product shelf life.

2 **Phosphates**

Why? Phosphates are not suspended in a brine solution, like soy, or flavourings, but actually dissolve, similar to the salt. This will happen optimally if nothing but the water is present, because the specific gravity of the water is lower than if, for example, the salt had already been dissolved. Be sure to agitate well!

3 **Soy, and “Concentrate-based Flavours”, other Proteins such as California Ham Spice, Myogel**

Why? These will disperse much easier at this stage as their protein content (particularly in Soy Isolate or Concentrate) will not be affected by the presence of salt. (Remember, you haven't added the salt yet!)

4 **Salt**

Why? At this point, all of the ingredients whose dissolution/dispersion would be negatively impacted by the presence of salt have already been added.



5 **Remaining Seasonings and Flavours**

Why? These will suspend in the brine, with the only requirement being even distribution, ensured by constant agitation.

6 **Sodium Nitrite/Curing Salts**

Why? These are reactive, and lose their efficacy when dissolved in a brine relatively quickly, so the less time between brine preparation and injection or tumble, the better.

7 **Sodium Ascorbate, Erythorbate, Ascorbic Acid**

Why? These are highly reactive “Cure Accelerators” that will reduce the potency of the cure over the course of mere hours. These should always be added last, and as close to the end use as possible.

One final tip: A functional brine should never be stored in a cooler overnight for use the next day, as a large degree of the functionality will be lost. The same chemical processes that occur in the meat after injection are already occurring in the brine when it's mixed!

It is very important to keep the brine agitated, and the temperatures as low as possible throughout the injection process.

Any Questions? Contact Chris, our Technical Specialist at 1-888-456-6252, or via email at lab@malabarsuperspice.com.

Continued from page one...

The Meat of it: Sausage

Types of Sausages

Sausages are usually classified by how they are processed:

- **Fresh Sausage** is made from fresh meats, and must be fully cooked before eating.
- **Fresh, Smoked Sausage** is a fresh sausage that has been smoked, but still requires cooking before it is served (e.g. Mettwurst).
- **Cooked Sausage** is made from fresh meats that are fully cooked (e.g. Liversausage).
- **Cooked, Smoked Sausage** is both cooked and smoked, and may be eaten hot or cold (e.g. wieners).
- **Dry Sausage** is fresh sausage that is dried, allowing for an extended shelf life without refrigeration (e.g. Genoa Salami).



A Food for All Occasions

In its contemporary role, sausage fits conveniently into our modern lifestyles as an elegant appetizer for entertaining as well as the main course in quick and easy recipes. Sausages may be served in a sandwich, as a hotdog, wrapped in a tortilla, or as an ingredient in stews and casseroles.

The versatility of sausage allows you to try a wide range of flavours, beginning with apple cinnamon as a breakfast sausage. New flavour ideas include sun-dried tomato, lemongrass, chipotle, spicy Cajun, blueberry, pineapple, among many more.

Expanding Your Menu

June is ideal for trying your hand at some new sausage flavours, just in time for your customers' summer BBQ requests. Malabar takes pride in carefully crafting and blending over 1000 sausage seasoning blends, many of which will be just right for your menu this summer.



Equipment Review

from **Modern Butcher Supply**

As Modern Butcher Supply has represented Rühle in Canada for over 20 years, it is with excitement that we introduce Rühle's innovative lineup of High Tech Injectors.

These injectors allow fully controlled injection of bone-in and boneless meats such as whole hams and picnics, loins, pork bellies, and other pork and beef products with the added flexibility of marinating whole turkeys and chickens, cut-up poultry parts, fresh steaks and pork, and seafood.



Rühle's High Tech Injectors offer the choice of a 28, 56 or 112 needles, all fully equipped with state-of-the-art injection systems. Superior performance comes standard with the following innovative features:

- Complete brine-mixing system with adjustable mixing speeds to keep the brine evenly mixed during the entire injection process, ensuring uniform curing results.
- Brine recycling, which includes a filter with rotating brushes to separate large particles of protein or spice, crushing and remixing them with the brine.
- PLC finger-touch screen that can be programmed with all of your injection schedules and allows for quick last minute changes.
- Variable process speeds from 5 – 60 injections per minute, allowing up to 80% injection in a single pass.

Rühle's new generation of injectors also have dynamic pump control, one-way brine circulation, and a self-cleaning program all designed to exceed the needs of today's meat processor.

Please contact Doug for more information at 905-632-7151, or via email at doug@modernbutchersupply.com.

Modern Butcher Supply is a wholly owned subsidiary of Malabar Super Spice Co. Ltd.

BLEND of the month

Fresh Chicken Breakfast Sausage

A traditional Breakfast Sausage flavour and sweetness, with that recognizable hint of Sage. This blend allows sausage to be made with extremely lean chicken meat to satisfy customers' demand for a healthy product, while delivering the smooth and delicate texture typical of a higher fat pork breakfast sausage.

Other Fresh Chicken Sausage Units available include Pesto, Hawaiian, Honey Garlic, Cajun and German Bratwurst.

To order a sample, or if you've got a new flavour you'd like to try, contact Chris at 1-888-456-6252, or email lab@malabarsuperspice.com.



What is Kasuri Methi?

Thanks to one of our customers who called looking for it, we're happy to let you know that ***Kasuri Methi is the Indian name for dried fenugreek leaves***, often used in curries. It has a strong, characteristic smell and slightly bitter taste, so use sparingly.



OUR PRESIDENT'S Choice



This time of year I love to barbecue everything, and I season everything that I barbecue. Here are two of my favorites, both of which come highly recommended:

“NOT JUST FOR RIBS” Dry Rib Rub (MALRIBRUB-020) – *this is a dry spice rub that's spicy, but not too hot.* Apply seasoning directly to the outside of a rack of ribs – then slow cook on the barbecue (low heat setting) for 3 hours or until done. For the last 10 minutes, add your favorite rib sauce or just a little soy sauce and finish cooking. (This can also be done in a conventional oven.) Great flavour for your heat and serve deli counter, or for your lunch counters, ready to go!

MALABAR'S OWN GOURMET STEAK SEASONING

(MALSTK-001) is our best selling seasoning. *This unique blend of traditional and unique spices (including dill) adds incredible flavour to steaks, salmon, potatoes, and much more (even scrambled eggs!).* This seasoning also provides an excellent base for marinating beef cuts (mix with oil and soy sauce) before cooking or adding to the BBQ. This seasoning is also available in 8.4 oz spice jars, featuring your company's name on the label, so that your customers can take it home.

I know these seasonings will keep your customers coming back for more. Enjoy!

All the best!

Doris Valade

President

Malabar Super Spice Co. Ltd.



For more information on any of the subjects covered in Malabar's newsletter, or to suggest topics you'd like to see covered in future editions, please contact Sara Alexander at office@malabarsuperspice.com. Look for our next edition September 2006.
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