# Sausage Creator

## Teachers’ guide

Welcome to the Sausage Creator! Help master butcher Keith create a 500g batch of sausages, along with a label including full nutritional analysis and a copy of the sausage recipe.

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Introduction
Sausages are a popular choice for people in the United Kingdom (UK) with 196,152,000 kilograms of sausages being eaten during the year up to July 2012.

The Sausage Creator has been designed to help students aged 11-16 years learn more about sausages. The students will be asked to select different amounts and types of ingredients to create their own sausage recipe and food label. The Sausage Creator will take approximately 10 minutes to complete.

You may wish to use this on your whiteboard, to go through the activity with your students. The activity is ideal for students to use individually or within small groups.

Learning objectives
By the end of the activity, students will:
• know the basic ingredients of a sausage
• create a recipe for 500g of sausages
• understand that nutrition information changes depending on the type and amounts of ingredients selected
• know the technical information required on a food label.

How to use the activity
Welcome screen

Background sound is available for the activity and will automatically be switched on. The music can be turned off or on by clicking the button.

Click ‘Enter’ to begin the activity.
Step 1

Different vegetables, fruit or cheese can be added to the sausage mixture to a maximum of 50g. There is no legal requirement to add any additional ingredients other than pork meat.

The addition of these ingredients can affect the flavour, moisture content, texture and overall eating quality of the sausage.

The legal minimum amount of pork required for a pork sausage is 42%. The minimum amount of pork required for a 500g batch is 210g. Keith uses pork that is 80% lean, which reduces the amount of fat in the sausage. Some fat is needed to help enhance the flavour and succulence of the sausage.

Click 'Back' to return to the previous screen.

Click 'Next' to move forward to the next step.

Step 2

Information about the ingredients selection can be seen by clicking the 'I' button.

Different vegetables, fruit or cheese can be added to the sausage mixture to a maximum of 50g. There is no legal requirement to add any additional ingredients other than pork meat.

The addition of these ingredients can affect the flavour, moisture content, texture and overall eating quality of the sausage.

Click the arrows to increase or decrease the amount of the vegetable, fruit or cheese.

Click 'Next' to move forward to the next steps.
Step 3

A selection of different herbs, spices, preserves or sauces is available. A maximum of 12.5g of the one ingredient can be added in increments of 2.5g, to help flavour the sausage.

Click the box to select up to one ingredient.

Click the arrows to increase or decrease the amount of herb, spice, sauce or preserve.

Information about the selection made can be seen by clicking the 'I' button.

Step 4

Rusk and water are automatically added to increase the batch 500 grams. Rusk and water are added in a ratio of 1:2.

Rusk and water will now be added

Now you have selected your ingredients a mixture of rusk and water will automatically be added to the sausage batch.

Once the rusk and water are automatically added, click 'Next' to continue through the activity.

Click ‘Next’ to move forward to the next step.
Step 5

End screen – front of food label

Select between 6 and 25 sausage from the 500g mixture by clicking the arrows.

The quantity of sausages made from a 500g batch will affect the nutritional value of each sausage.

The size of the sausage will also impact on the cooking time as smaller sausages will cook more quickly than larger ones.

Click ‘Next’ to move forward to the next step.

Click the text box to add a name for the sausages.

Click the ‘Flip box’ button to view the back of the label.

Click the text box to add a Use-by date for the sausages.

Click one of the three options to print, save a PDF copy of the food label and recipe or start the activity again.

The quantity of sausages made from a 500g batch will affect the nutritional value of each sausage.

The size of the sausage will also impact on the cooking time as smaller sausages will cook more quickly than larger ones.
The nutritional value of the user’s sausage recipe will be imported to the back of the packaging.

Click the text box to input a company name.

Click the text box to input cooking instructions.

Click the text box to input allergy advice.

Click one of the three options to print, save a PDF copy of the food label and recipe or start the activity again.

Sausage Creator example

Ingredients
210g Pork mince
3g Leek, chopped
3g Onion, chopped
12.5g Sweet chilli sauce
91g Rusk
182ml Water
15mm Sausage casing

Equipment
Weighing scales, measuring jug, large mixing bowl, mixing spoon, sausage machine or large piping bag, 2x plates, cling film and longs.

Method
• Place all the ingredients (except the casing) into a large mixing bowl.
• Mix until well combined.
• Place the mixture into the sausage machine or a large piping bag.
• Feed the casing onto the sausage machine nozzle or filling bag to fill into the casing.
• Pull out about 2cm of casing over the end of the bag.
• Fill the casing slowly, pulling the casing away to ensure it is not overfilled.
• Create links in the long sausage, by pinching the sausage and then twisting to create 12 sausages.
• Place the linked sausages on a plate and cover with cling film and chill in the refrigerator overnight if time allows.
• Pre-heat the grill or barbecue.
• Cook the sausages on a medium heat until the juices run clear.

Tips
• After mixing the ingredients together, do not allow the mixture to dry out.
• It is important not to overfill the casing or the sausage may burst when linking or cooking.
• If you do not have casings, make skinless sausages.

The user can make their batch of sausages using the recipe and insert a photograph.
Ideas for the classroom and beyond

As the students work through the activity, there are some key principles you may wish to expand upon.

• Origin of food
  Investigate the key features of the Red Tractor food assurance scheme and the Batch number assisting traceability within the food industry.

• Best before and use-by dates
  Discuss the difference between the two date marks and identify which is the most appropriate for sausages. Investigate a range of other food products.

• Allergens
  Identify which ingredients are legally required to be identified on food labelling as an allergen. Are there any in the recipes created by the students?

• Suitable cooking methods for sausages
  Identify the most suitable methods of cooking sausages. Grilling, baking or barbequing sausages will not add additional fat to the sausages. Set up a taste test to determine the most acceptable method.

• Ingredient choice
  How does ingredient choice affect the nutritional composition of the sausage batch? Create different batches and compare the results. What observations can students draw?

• Making sausages
  View the video of Master Butcher Keith Fisher making sausages. Challenge the students to make their batch of sausages using the recipe.

Other classroom ideas involving the use of the activity could include some of the following:

• The Sausage Creator summary worksheet could be complete by students as they work through the activity online.

• Use the Sausage Report to provide students with consumer information and inspirational sausage recipe ideas.

• The nutritional information of the sausages could be examined and ways to produce a healthier sausage could be investigated.

• The activity could be set as a homework task or as an activity for students not participating in a practical food lesson.

• A visit to a Master Butcher or invite him/her to visit the school could be organised.

• The career opportunities of a butcher and/a food technologist could be explored.
Ideas for the classroom and beyond (continued)

• Use the recipe to make the sausages and conduct different sensory evaluation tests. Hedonic, paired comparison and ranking worksheets are available to download.

• Research and make a variety of recipes which use sausages.

Links to the curriculum

English curriculum links
Design and technology Key Stage 3
Food should include:
• healthy eating models relating to a balanced diet, the nutritional needs of different groups in society and the factors affecting food choice and how to take these into account when planning, preparing and cooking meals and products;
• the characteristics of a broad range of ingredients, including their nutritional, functional and sensory properties;
• a broad range of practical skills, techniques, equipment and standard recipes, and how to use them to develop, plan and cook meals and single or multiple products.

Welsh curriculum links
Design and technology Key Stage 3
Making - Food
Pupils should be given opportunities to:
• apply current healthy eating messages in relation to the nutritional needs of different groups in society and consider issues of sustainability in order to make informed choices when planning, preparing and cooking meals or products;
• classify food by commodity/group and understand the characteristics of a broad range of ingredients, including their nutritional, functional and sensory properties.

Confidentiality
To safeguard personal information, data from the Sausage Creator will only be retained during the activity and can only be saved as a PDF or printed by the students. Information will not be recorded or retained by the activity.

Acknowledgement
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