



Basic Sausage Cooking Instructions by Drew Brown

There are a number of ways to cook our fresh sausage that work equally well: pan frying, grilling, and poaching. No matter the method, the goal is to bring the internal temperature of the sausage to 145° at a rate that will not cause the sausage to burst.

If you are grilling or frying the sausage, medium heat is needed. Too high a heat and the casing will split, releasing all of the tasty fat and juices. Split casings on the grill will cause unwanted flare-ups that can leave a bitter and unsightly layer of carbon on the sausage. Once the internal temperature has reached 145°, the sausage is ready to eat. Further cooking will possibly render out too much fat and may leave the sausage dry.

When poaching, the danger of a ruptured casing is reduced, but moderate heat is still recommended. A mild simmer is all that is needed to keep the sausage from losing all of its fat. We recommend simmering our brats in beer or our Italian in a tomato sauce.

If a loose sausage is desired, simply cut open the casing and crumble the contents into a frying pan.