

Comprehensive
sausage-making
guidance, including
easy-to-follow
steps for preparing,
cranking out and
storing sausages

Tonia Reinhard, MS, RD, FAND, is the Director of the Coordinated Program in Dietetics and the Course Director for Clinical Nutrition at the School of Medicine at Wayne State University in Detroit.

Brendan Reinhard is the manager of the sausage department at Country Smoke House in Almont, Michigan.

Brent Mitchell is the head chef at Country Smoke House, which specializes in sausage making, barbecue, butchery, smoked meats and catering. The Complete Art & Science of

Sausage Making

150 Healthy Homemade Recipes from Chorizo to Hot Dogs

Believe it or not, homemade sausages can be a healthy addition to your diet. Although there is plenty of controversy about commercial sausage ingredients, such as saturated fat, salt and nitrate, making your own sausages at home means total control over all ingredients. You can choose to make lower-fat, reduced-salt sausages, you can omit the nitrate from your fresh sausages, and you can easily create lactose-free, gluten-free and even meat-free sausages! Here you'll find delicious recipes for classic, traditional sausages from around the world, as well as innovative recipes inspired by regional cuisines.



\$24.95 USA \$27.95 CAN





PRINTED IN CANADA

Visit us at www.robertrose.ca

The Complete Sausage Ma

Tonia Reinhard, with Brendan Reinha The Complete Art & Science of

Sausage Making



150

Healthy
Homemade
Recipes
from Chorizo
to Hot Dogs

Tonia Reinhard MS, RD, FAND

with

Brendan Reinhard & Brent Mitchell

Robert ROSE