



# 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.



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with Brendan Reinhard & Brent Mitchell

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