

English national  
dish:  
CUMBERLAND  
SAUSAGE

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# History

- These sausages make up the honor and glory of the county of Cumberland, now part of the province of Cumbria. Historically, Cumberland sausages were made very, very straight and long. The length of the sausage was often a meter! They were rolled up into flat rings and sold in this form.
- Cumberland sausages began to conquer the stomachs of the British 600 years ago, then it was the stomachs of the English because Scotland at that time was not yet conquered. In addition to the shape, these sausages were very spicy. In general, in the Middle Ages, more spices were used. This was due to the tastes of the population, and not to the fact that spoiled products were often used, as hapless historians often claim. Try to get close to the stall with shawarma and you will understand that the smell of spoiled meat can not be interrupted by any spices. The use of spices was rather due to the fact that Cumbria had access to the sea and bordered Scotland. This gave her access to colonial spices and Scottish meat. Nutmeg, which is even now widely used in Britain, was then the most important spice, as were ginger and pepper. So successful geography gave the world a culinary miracle called Cumberland sausages. However, it is worth noting that their production is mainly pork, and therefore the theory that the proximity of Scotland played a role is not entirely true.



# Ingredients and recipe

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1. It is worth noting that for the production of Cumberland sausage, sliced meat is used, not minced meat, and meat is at least 90% in it, which distinguishes it from competing varieties common in Lincolnshire, where up to 20% of grass is added to the meat. In any case, you can not confuse Cumberland sausages with others because they have a very characteristic taste of pepper — black and white. In Britain, in general, the food is often bland, but here the traditions are preserved! If you see roughly chopped (often deliberately) meat, generously seasoned or even just covered with pepper and nutmeg-then you have the right product. Bismarck, who said that it is better not to know what sausages and politics are made of, did not know much about sausages, like all Germans, the worst of which is only the French.
  - lard (from the back) - 170gpork
  - shoulder - 450gground
  - breadcrumbs-2
  - smoked bacon-1/2 slice
  - salt-1 pinch
  - pepper-1 Pinch
  - nutmeg - 2 pinches

To cook Cumberland sausages you need to...

Peel the pork from the skin and remove the bones. Chop the meat and fat, then mix them. Add 8 tablespoons of water to the bread crumbs, combine with the minced meat. Mix everything well, add spices and salt

For a sample, take a spoonful of the resulting minced meat and fry it to make sure that there are enough spices. If everything is fine, you can fill the intestines with minced meat. Apply a few pricks to the shell before roasting.

You can cook sausages in the oven at a temperature of 180 C until brownish. After 20 minutes, turn them over, if they come too slowly, then increase the temperature.



THANK YOU FOR YOUR  
ATTENTION!!!