

## Mrs Agnes McMulterer's Guide to the perfect home-made sausage

- 1.) Beef, pork, venison and stoat all make excellent sausages. If you choose to use hedgehog remember to remove most of the spines.
- 2.) Make sure that the meat is fresh, and that you pick off any bits of fluff, gravel, or those little white wriggly bits.
- 3.) Cut off any sinew, gristle or bones with a sharp knife. You can use these later to make a nice pie.
- 4.) Feed the meat into the mincer, taking care not to trap your fingers in the rotating blades. I find that small children really enjoy doing this.
- 5.) Mix crumb or cereal into the minced meat. In certain circumstances you might choose to add oatmeal, sawdust or compost.
- 6.) Add salt, pepper, and your own special blend of herbs and spices. My favourite is a mixture of Buckfast and toilet duck.
- 7.) Spoon the mixture into your stuffing machine. If you don't have one, an old vacuum cleaner or an obese cat might do.



For further tips you can write directly to Mrs McMulterer at:

Cell 42,  
The Institution  
PO Box 666  
Bathgate

Mrs McMulterer's secret  
sausage shed



- 8.) Feed the sausagemeat into the sausage skins. You can use natural skins or artificial skins, but I've found that an old pair of tights will do nicely in an emergency.
- 9.) Wrap your sausages in old newspaper, store at the back of a cupboard for a couple of weeks, then cook in hot lard until they explode.

Presented by:

Almond Valley Heritage Trust  
Millfield, Livingston, EH54 7AR  
tel 01506 414957,  
www.almondvalley.co.uk

with grant assistance from:  
Scottish Museums Council

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4-7 may 07

# THE SCOTTISH SAUSAGE FANCIER

AND PUDDING ENTHUSIAST

SUNDAY MAY 6 2007

Hello sausage fans....!

For centuries the people of Scotland have thrived on a diet of quality processed meat products.

Some prefer the smooth streamlined shape of the link sausage, whilst others opt for the rectangular roughness of the square lorne slice.

There's a Scottish pudding to suit every mood; white mealy pudding if you're feeling good, black pudding if you're miserable, and if you're in the mood for adventure, you can try hunting for the elusive and endangered red pudding.

Then of course there's the great chieftain of the race, the haggis, and his frisky half-cousin the fruity dumpling.



Mr. Arthur W. Tropmore,  
Fictional President,  
Scottish Sausage Fanciers Federation

Whatever your tastes, there's chance today to sink your teeth into something warm and succulent at the Grand Almond Valley Sausage Exposition.

**SPECIAL EXPOSITION EDITION**



Sausages have long formed a popular food for all walks of life.

These Victorian recipes contain a wholesome range of quality ingredients and would have been a tasty treat for those who could afford them. Such premium products would be out of the reach of much of the working population who could only afford the cheapest of sausages which used the poorest cuts of meats, large amounts of fats, and were bulked up with rusk. In an age before strict controls on food products there was little way of telling exactly what was in your sausage.

*Mary C. Blackwood*  
**ENQUIRE WITHIN** *mc*  
*Feb 1885*  
 UPON  
**EVERYTHING.**

**1185. Bologna Sausages.** — Take equal quantities of bacon, fat and lean, beef, veal, pork, and beef suet; chop them small, season with pepper, salt, &c., sweet herbs, and sage rubbed fine. Have a well-washed intestine, fill, and prick it; boil gently for an hour, and lay on straw to dry. They may be smoked the same as hams.

**1186. Oxford Sausages.** — To each pound of lean pork allow one pound of lean veal, one pound of fat, part pork and part veal. Chop and beat well with a lard-beater. Allow one pound of bread-crumbs, thyme, a little parsley; an ounce of sage leaves, chopped very small; two heads of leeks, or a little garlic, or shallot, chopped very fine; salt, pepper, and nutmeg. To each pound allow one egg, the yolks and whites separately; beat both well, mix in the yolks, and as much of the whites as is necessary to moisten the bread. Then make the sausages in the usual way.

**1187. Worcester Sausages** are made of beef, &c.; add allspice, and any other spices and herbs you may choose.

**1188. Mutton Sausages.**—The lean of the leg is the best. Add half as much of beef suet; that is, a pound of lean and half a pound of suet (this proportion is good for all sausages). Add oysters, anchovies chopped very fine, and flavour with seasoning. No herbs. These will require a little fat in the pan to fry.

**1189. Veal Sausages** are made exactly as Oxford sausages, except that you add ham fat, or fat bacon; and, instead of sage, use marjoram, thyme, and parsley.

**1190. Preparing Sausage Skins.**—Turn them inside out, and stretch them on a stick; wash and scrape them in several waters. When thoroughly cleansed, take them off the sticks, and soak in salt and water two or three hours before filling.

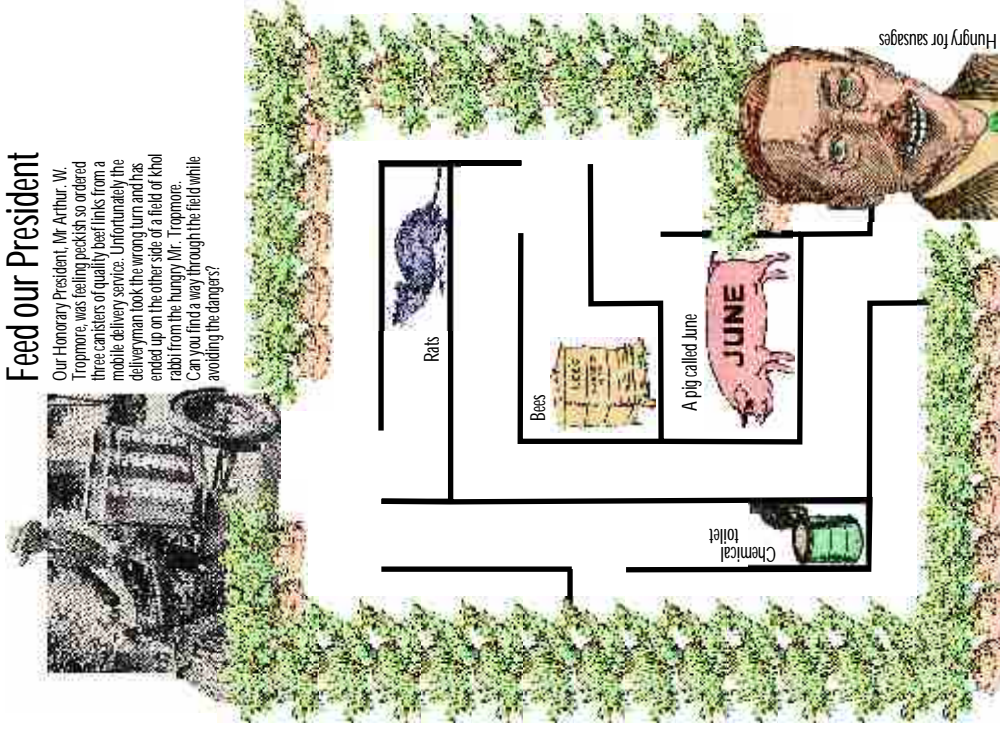
**1192. Black Hog Pudding.**— Catch the blood of a hog; to each quart of blood put a large teaspoonful of salt, and stir it without ceasing till it is cold. Simmer half a pint or a pint of Embden groats in a small quantity of water till tender; there must be no gruel. The best way of doing it is in a double saucepan, so that you need not put more water than will moisten them. Chop up (for one quart of blood) one pound of the inside fat of the hog, and a quarter of a pint of bread-crumbs, a tablespoonful of sage, chopped fine, a teaspoonful of thyme, three drachms each of allspice, salt, and pepper, and a teaspoonful of cream. When the blood is cold, strain it through a sieve, and add to it the fat, then the groats, and then the seasoning. When well mixed, put it into the skin of the largest gut, well cleansed; tie it in lengths of about nine inches, and boil gently for twenty minutes. Take them out and prick them when they have boiled a few minutes.

**Adulterations.**

**2756. Sausages.**—The most offensive of all adulterations are found in these savoury morsels. Horse-flesh, diseased animals, and odds and ends of every description appear in the tempting guise of "sausages." To escape this evil, make your own sausages by the aid of the sausage machine, which will enable you to add many savoury morsels to the attractions of your table. The same machine may be used for chopping vegetables, which it will do to such perfection that they will perfectly dissolve in soups and stews, and afford most delicious made-dishes. And in this you will soon save the cost of the machine.

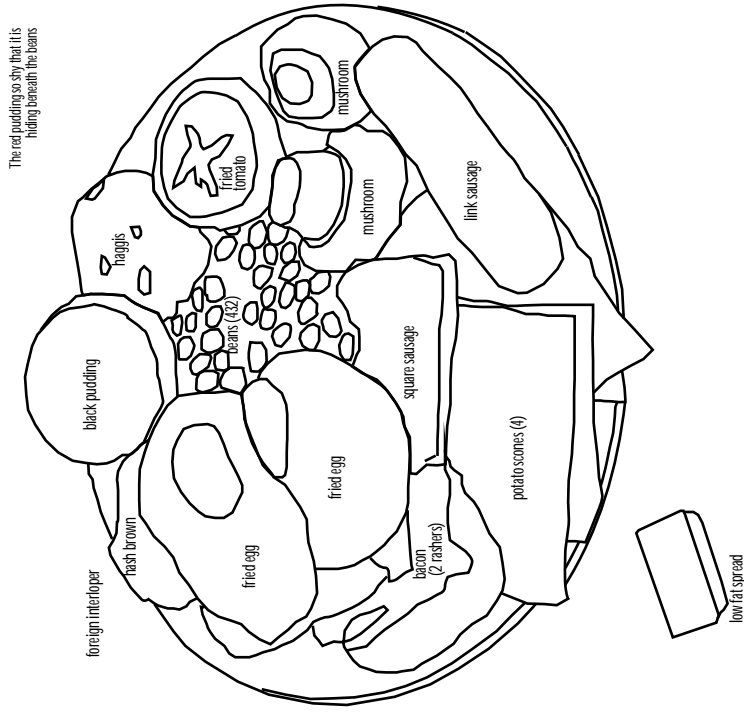
### Feed our President

Our Honorary President, Mr. Arthur W. Tropicure, was feeling peckish, so ordered three cansisters of quality beef links from a mobile delivery service. Unfortunately the deliveryman took the wrong lurn and has ended up on the other side of a field of khol rabbit from the hungry Mr. Tropicure. Can you find a way through the field while avoiding the dangers?



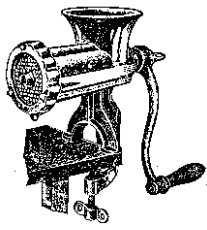
Hungry for veges

### A still life for you to colour and keep



The red pudding so shy that it is hiding beneath the beans

A full Scottish breakfast (healthy option without fried bread).



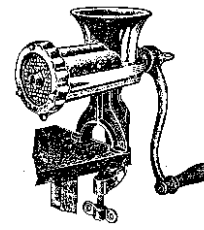
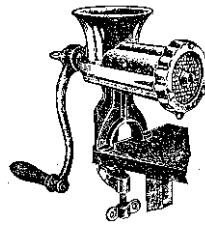
# PROGRAMME of festivities

In the Picnic Barn

Pick up a plate of tasty sausage samples then place your vote in the "Big Banger Ballot" to discover West Lothian's favourite sausage. Watch out for plates of speciality sausage samples passing around the crowd, and see if you can answer the question "What's in my sausage?". Join in with home sausage-making demonstrations, taking place at 12.30, 13.30, 14.30 and 15.30

Outside the Picnic Barn

12.30	Punch, Judy and a sausage singalong
13.00	West End Jazz Band
14.00	The Trial of Agnes McMullterer, sausage adulterer
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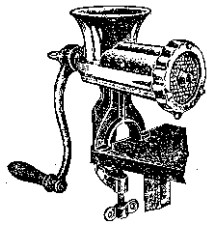
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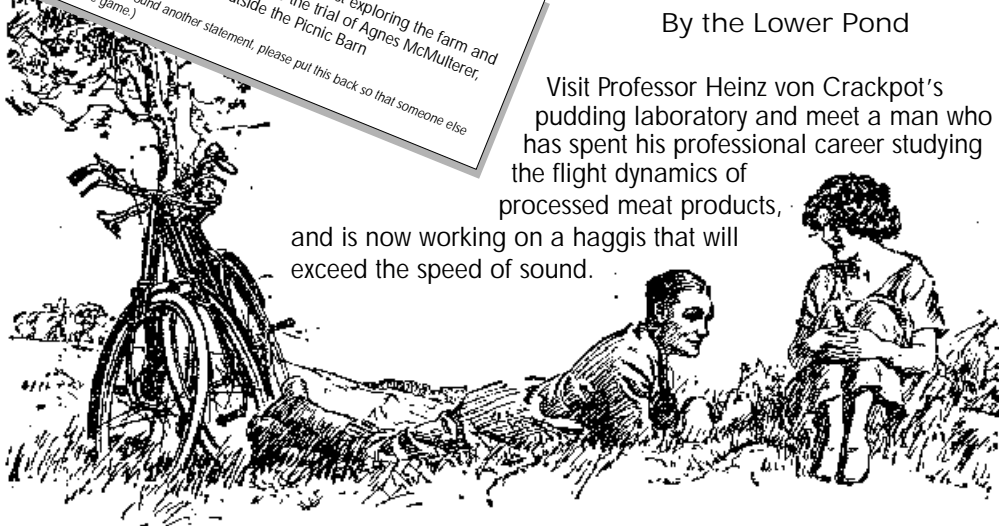
As you explore the farm and museum look out for hidden evidence. If you find one of these "statements of evidence", take it to the next performance of the trial of Agnes McMullterer, a strange lady with some very strange recipes for sausages. Help the sanitary inspector bring her to justice.

## STATEMENT OF EVIDENCE

If you have discovered this statement whilst exploring the farm and museum, please take it with you to the trial of Agnes McMullterer, that will take place today outside the Picnic Barn  
(If you've already found another statement, please put this back so that someone else can play the game.)

By the Lower Pond

Visit Professor Heinz von Crackpot's pudding laboratory and meet a man who has spent his professional career studying the flight dynamics of processed meat products, and is now working on a haggis that will exceed the speed of sound.



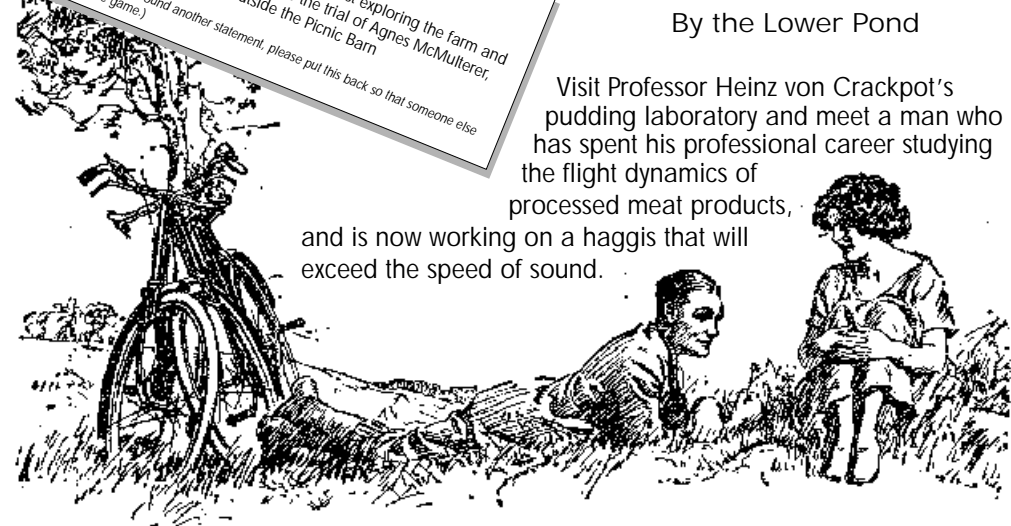
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# Thank you very much

to the all of these craft butchers who have provided their finest produce for us to enjoy today:

HUGH BLACK & Sons Ltd

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BOGHALL BUTCHERS

Shop at 65, Margaret Avenue, Boghall, Bathgate

DAVID STEIN BUTCHERS

Shop at 37, North Bridge St. Bathgate

P. BRANNAN BUTCHERS

Shop at 16 Main St, Fauldhouse

JOHN LAWSON BUTCHERS

Shop at 16 East Main St, Uphall

A.J. HORNIG Ltd.

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Shop at 17 West Main St. Whitburn

GRAMPIAN COUNTRY FOODS : HALLS

Manufacturing unit in Broxburn

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West Lothian: Sausage Capital of Scotland

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