

*Chicago* **FOOD**  
**MACHINERY**



**Stainless Steel Meat Grinder**  
**With Exterior Polish**

## 📌 Assembly Instructions

1) **Disassemble and Clean** – Grinder is packed in a non-toxic manufacturing lube. This keeps product for long term no-maintenance shelf life.



**Clean with soapy water, hand dry, and then lubricate with vegetable oil.**

2) Securely fasten meat grinder onto the edge of a countertop and into a bowl or food grade bucket.

3) Attach the turn handle firmly.



4) Cut meat to fit into the hopper.

5) Turn handle to grind.

**Warning: Keep children, animals, and hands away from product during process. Adults only, operate at your own risk.**

**After product usage, wash in soapy water, hand dry (do not air dry), and pack all components in vegetable oil.**

## 🔪 Knife & Plate Options:

- 4.5mm – Ideal for making ground hamburger, bologna, hot dogs, jerky.
- 6mm – Use for coarse hamburger and regular sausages (Polish, German, Breakfast)
- 8mm – Coarse sausages (Summer, Salami, Pepperoni, Snack Sticks)
- 10mm – Creates fine coarse ground meat (Chili, Chorizo, Linguisa)
- 14mm – Any first grind. Coarse chili or stew.

**Keep one knife with one blade. Blade sits on top of plate.**



## 📍 For Sausage Stuffing:

1) Assemble the spacer and sausage stuffing funnel.



2) Run the ground meat through the hopper into a sausage casing.

## Recipe Ideas:

### Bangers – Oxford Sausages

Sausages are called bangers in England and Ireland. Make your own bangers at home with this recipe that includes ground pork, ground veal, spices, and grated lemon zest.

Prep Time: 30 min. | Total Time: 30 min.

#### Ingredients:

- 1/2 pound lean pork, ground
- 1/2 pound lean veal, ground
- 6 ounces pork fat, ground
- 3 slices white bread with crust, crumbled or finely chopped
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper
- 1/8 tsp mixed grated nutmeg
- 1/8 tsp mace
- 1/4 tsp minced fresh thyme or 1/8 tsp dried thyme
- 1/4 tsp minced fresh marjoram or 1/8 tsp dried marjoram
- 2 tsp minced fresh sage or 1 tsp dried sage
- 1 tsp loosely packed, finely grated lemon zest (see Note)
- 1 large egg
- Prepared hog casings

#### Preparation:

Combine ground pork, ground veal, pork fat, and bread.

Whisk together salt, pepper, cayenne pepper, nutmeg, mace, thyme, marjoram, sage, lemon zest, and egg. Knead into pork and veal mixture.

Stuff sausage mixture into prepared casings, compacting firmly. Prick any air pockets with a pin. Store raw sausages in the refrigerator up to three days. Freeze up to 3 months.

**To serve:** Bangers may be poached, braised or fried. Cooked sausages may be refrigerated up to 1 week or frozen up to 3 months.

**Yield:** 2 pounds raw sausage

**Note:** To get perfect fine-grated lemon zest, use a microplane zester.

## Spicy Turkey Breakfast Patties

Breakfast sausage patties are made with ground turkey, fresh herbs, and spices. Plan ahead, by refrigerating the mixture 1 hour before cooking.

Prep Time: 15 min. | Cook Time: 20 min. | Total Time: 35 min.

### Ingredients:

- 1-1/4 pounds ground turkey
- 1/2 cup minced onion
- 1/4 cup chopped fresh basil leaves
- 1/4 cup chopped fresh parsley
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon ground ginger
- 1/2 teaspoon dried red pepper flakes, crushed
- Freshly ground black pepper, to taste
- 2 Tablespoons dried bread crumbs
- 1 egg, lightly beaten
- 2 Tablespoons vegetable oil

### Preparation:

Combine all ground turkey, onion, basil, parsley, garlic, salt, thyme, ginger, pepper flakes, black pepper, bread crumbs, and egg in a large mixing bowl, and stir well but do not over mix. Cover, and refrigerate for 1 hour. Shape the turkey sausage mixture into twelve patties about 2-1/2 inches in diameter. Heat the oil in a large skillet, and brown the patties, over medium heat, on both sides, about 2 minutes per side. Then reduce the heat to medium low, cover the skillet, and cook, turning the patties occasionally, until they are crisp and cooked through, about 6 minutes. (You may have to do this in two batches.) Serve immediately.

**Yield:** 12 patties

## Batter-Dipped Fondue Meatballs

Ground beef and sausage meatballs are dipped into a beer batter and fried in a fondue pot. The meatballs are served with mustard and horse radish sauces. Make the sauces at least 1 hour in advance and refrigerate.

Prep Time: 20 min. | Cook Time: 10 min. | Total Time: 30 min.

### Ingredients:

#### Mustard Sauce:

- 1/2 cup mayonnaise
- 2 Tablespoons prepared mustard

- 1 Tablespoon onion, finely chopped

**Horseradish Sauce:**

- 1/2 cup dairy sour cream
- 1 Tablespoon prepared grated horseradish
- 1/8 teaspoon Worcestershire sauce

**Meatballs:**

- 1 pound ground beef (ground chuck preferred)
- 1/2 pound bulk ground pork sausage
- 1 large egg, lightly beaten
- 1/4 cup dry bread crumbs
- 1/4 cup chives
- 2 Tablespoons beer (may substitute apple juice)
- 1 teaspoon garlic salt
- 1/2 teaspoon dried oregano, crushed
- 1/4 teaspoon dried basil, crushed
- 2 cups vegetable oil
- 1/2 cup butter (do NOT use margarine, additional vegetable oil may be substituted)

**Batter:**

- 1 cup biscuit baking mix
- 1/2 cup beer (may substitute apple juice)
- 1 large egg, lightly beaten

**Preparation:**

**Mustard Sauce:** Whisk together mayonnaise, mustard, and onion. Refrigerate until serving time. **Horseradish Sauce:** Whisk together sour cream, horseradish, and Worcestershire sauce. Refrigerate until serving time.

**Meatballs:** Combine ground beef, sausage, egg, bread crumbs, chives, beer, garlic salt, oregano, and basil. Do not over mix. Compress and form into meatballs 3/4-inch thick.

Heat oil and butter to 375 F. in a fondue pot.

**Batter:** Whisk together baking mix, beer, and egg (some lumps should remain).

When oil is hot, have guests skewer meatball with fondue fork and dip into batter. Immediately plunge into hot oil and cook until golden and firm. Repeat. Serve batter-dipped fondue meatballs with the mustard sauce and horseradish sauce.

**Yield:** 12 servings

## Chorizos Recipe

Make your own fresh Mexican chorizo sausage at home, from ground pork flavored with garlic, cumin, and chili powder. This is a loose sausage for patties, but you can also stuff it into links, if you wish. Plan ahead to make this 1 day in advance to let the flavors meld.

Prep Time: 10 min. | Cook Time: 8 min. | Total Time: 18 min.

### Ingredients:

- 1 pound ground pork (preferably pork butt)
- 1/2 cup cider vinegar
- 1 Tablespoon coarse (kosher) salt
- 1 Tablespoon minced garlic
- 1-1/2 Tablespoons good-quality chili powder
- 1-1/2 Tablespoons ground cumin

### Preparation:

Place the ground pork in a glass or ceramic bowl. Add the cider vinegar and coarse salt, cover, and refrigerate overnight.

Add the garlic, chili powder, and cumin to the pork, and stir well. Let the mixture marinate 1 hour more. Shape the meat into hamburger-size patties. Heat a cast-iron skillet until quite hot. Add the patties and sauté for 3 to 4 minutes on each side.

**Yield:** 8 patties

## Italian-style Meatloaf in Peppers Recipe

Hearty meatloaf is baked in sweet bell pepper shells. This is a delicious version of stuffed peppers made with chuck ground beef and Italian sausage, with the bold and hearty flavors of onions, garlic, and oregano.

Prep Time: 30 min. | Cook Time: 1 hr. 15 min. | Total Time: 1 hr. 45 min.

### Ingredients:

- 6 red, green, orange, or yellow bell peppers (sweet capsicum)
- 1/2 of a medium sweet onion, diced (about 1/2 cup)
- 1/2 cup diced bell pepper (see instructions)
- 4 cloves garlic, minced
- 1-1/2 pounds chuck ground beef (20 percent fat)
- 1 pound bulk sweet Italian pork sausage (see Note)
- 2 eggs, beaten
- 1 cup Italian-style bread crumbs
- 1 Tablespoon dried oregano, crushed between hands
- 1/2 cup tomato paste, divided use

- 1/4 cup grated Parmesan cheese (not the canned type)
- Salt and pepper to taste
- 2 Tablespoons chopped fresh parsley
- 1 cup (8 ounces) tomato juice

**Preparation:**

Preheat oven to 375 degrees F.

Cut tops horizontally from bell peppers (reserve tops) and clean out the seeds and membranes. If the peppers do not sit level, slice a very thin layer from the bottom of the pepper to stabilize, taking care not to make any holes to the interior. Place peppers in a deep baking pan and set aside.

Trim flesh from around reserved bell pepper stem ends and chop enough for about 1/2 cup. Place onion, chopped bell pepper, and garlic in a microwave-safe dish, cover with plastic wrap (leave at least a 2-inch vent for steam to escape), and microwave on high for 2 minutes, stirring once mid-way. Let cool to room temperature.

In a large bowl, combine chuck ground beef, sausage, egg, bread crumbs, oregano, 1/4 cup tomato paste, Parmesan cheese, cooled onion, bell pepper, and garlic mixture, salt, and pepper to taste. Do not over mix.

Stuff peppers with the meatloaf mixture. Top peppers with remaining 1/4 cup tomato paste and parsley. Pour tomato juice around the base of the peppers. Cover pan tightly with foil or a lid. Bake about 1 hour, until meat thermometer inserted in center reaches 175 F. Let rest at least 15 minutes before serving.

**Yield:** 6 servings

**Note:** If you cannot get bulk Italian sausage, use meat from links, discarding the casings.