

THE ART OF TRADITIONAL EUROPEAN SAUSAGE — MAKING —

POLAND
KIEŁBASA WIEJSKA

HUNGARY
CSABAI KOLBÁSZ

VOLUME 2 – EASTERN EUROPE & SCANDINAVIA

Traditional Recipes • Regional Traditions • Practical Techniques

Featuring Authentic Sausages from:

Poland • Czech Republic • Slovakia • Hungary • Romania
Slovenia • Croatia • Serbia • Bosnia and Herzegovina
Greece • Turkey • Sweden • Norway
Denmark • Finland

GREECE
LOUKANIKO

TURKEY
SUCUK

SCANDINAVIA
FALUKORV & PRINSKORV

BALKANS
KRANJSKA KLOBASA

By
DIETER ACHTELSTETTER

40+ AUTHENTIC RECIPES • TRADITIONAL TECHNIQUES • REGIONAL SPECIALTIES

TRADITIONAL EASTERN EUROPEAN SAUSAGES

Classic Recipes from Poland • Czech Republic • Slovakia • Hungary • Romania • Slovenia • Croatia
• Serbia • Bosnia and Herzegovina • Greece • Turkey • Sweden • Norway • Denmark • Finland

Volume 2 of the Dieter's Sausage Kitchen Collection

Copyright © 2026 Dieter Achtelstetter

All rights reserved.

No part of this publication may be reproduced, distributed, transmitted, stored in a retrieval system, or transmitted in any form or by any means, including photocopying, recording or other electronic or mechanical methods, without the prior written permission of the copyright holder, except in the case of brief quotations embodied in reviews or certain other non-commercial uses permitted by copyright law.

The recipes, techniques and information contained in this book are provided for educational and informational purposes only. While every effort has been made to ensure accuracy, the author and publisher assume no responsibility for errors, omissions, or for any consequences arising from the use of the information contained herein.

Food preparation involves inherent risks. Readers are responsible for ensuring that all ingredients are fresh, handled safely, and prepared in accordance with local food safety regulations. Always follow proper hygiene practices and cook foods to safe internal temperatures.

This book is intended as a recipe collection and companion volume to:

[The Art of Making Your Own BBQ Sausages](#)

by Dieter Achtelstetter

Readers new to sausage making are strongly encouraged to study the procedures, food safety guidance, equipment recommendations, grinding techniques, mixing methods, stuffing procedures and smoking principles explained in that volume before attempting the recipes contained in this book.

Published by:

Photo and Crochet

<https://photoandcrochet.com>

Author:

Dieter Achtelstetter

First Edition

2026

Made with a passion for traditional sausage making, good food, and the preservation of Europe's rich culinary heritage.

ABOUT THE AUTHOR

My name is Dieter Achtelstetter, and I have had a lifelong appreciation for good food, traditional craftsmanship and practical skills.

Born and raised in Germany, I grew up in a culture where sausages are more than just food—they are an important part of regional identity and culinary heritage. Every region has its own specialties, recipes and traditions, many of which have been passed down through generations.

Throughout my professional life, I worked in technical fields where precision, attention to detail and problem-solving were essential. Those same principles eventually found their way into my hobby of sausage making. What began as a curiosity gradually developed into a passion that has now accompanied me for more than a decade.

My journey started with very simple equipment: a hand-operated meat grinder, a few stainless steel bowls, a sharp knife and a desire to learn. Like many home sausage makers, I made mistakes, experimented with different recipes and continually refined my techniques. Along the way, I gained valuable knowledge from experienced butchers, professional kitchens, fellow enthusiasts and countless hours of hands-on practice.

Today, I live in Malta, where I continue to develop and refine recipes inspired by traditional European methods as well as flavours from around the world. While I enjoy experimenting with new ideas, I have always believed that understanding traditional recipes is the foundation of becoming a skilled sausage maker.

My approach focuses on practical methods that can be successfully reproduced in a home environment without requiring expensive commercial equipment. I believe that anyone willing to learn can produce sausages that rival or surpass many commercially available products.

The recipes contained in this book represent a collection of traditional European sausages that have stood the test of time. Some are faithful reproductions of historic regional recipes, while others have been carefully adapted for modern home production while preserving their authentic character.

This volume forms part of the Dieter's Sausage Kitchen Collection, a series dedicated to helping home cooks and barbecue enthusiasts discover the rewarding craft of sausage making.

Whether you are preparing sausages for a family barbecue, a festive gathering, or simply for the satisfaction of creating something with your own hands, I hope these recipes bring you as much enjoyment as they have brought me.

Thank you for joining me on this journey through the rich and diverse world of traditional European sausages.

Dieter Achtelstetter

Author of:

The Art of Making Your Own BBQ Sausages

Creator of:

Photo and Crochet

<https://photoandcrochet.com>

Welcome to Dieter's Sausage Kitchen

Thank you for taking the time to explore this preview of **The Art of Making Your Own BBQ Sausages**.

My name is **Dieter**, and for more than a decade I've been passionate about making homemade sausages. Like many people, I didn't begin with professional equipment or a butcher's workshop. I started in an ordinary home kitchen with a simple goal—to make better sausages for my family and friends.

More than 12 years later, I'm still using much of that same basic equipment. In fact, I still stuff many of my sausages using the stuffing attachment on my meat grinder. While professional equipment can certainly make the process faster and more convenient, it isn't a requirement for producing outstanding homemade sausages.

Along the way, I discovered that great sausage making isn't about expensive machines. It's about understanding a few fundamental principles, choosing good ingredients, and taking the time to do things properly.

That discovery eventually became **Dieter's Sausage Kitchen**.

This series has been written for people just like you—whether you've never made a sausage before or you're looking to expand your skills with authentic recipes from across Europe. Every recipe and technique has been adapted for the home kitchen, using equipment that many enthusiasts already own or can acquire without spending a fortune.

I believe sausage making should be enjoyable, approachable and rewarding. There is something truly special about serving friends and family food that you've created with your own hands, knowing exactly what went into every bite.

This preview offers just a small taste of what's inside the complete book. I hope it teaches you something new, inspires you to try your first batch of homemade sausages, and encourages you to continue exploring this fascinating craft.

The complete collection takes you on a journey from the fundamentals of sausage making to authentic regional recipes, smoked sausages, emulsified products, traditional charcuterie and much more—all explained step by step with the home cook in mind.

Whether your goal is to impress guests at your next barbecue, recreate family favourites, or preserve Europe's rich sausage-making traditions, I'm delighted to have you join me on this journey.

Happy sausage making,

Dieter

Dieter's Sausage Kitchen

Table of Contents

TRADITIONAL EASTERN EUROPEAN SAUSAGES.....	2
WELCOME.....	3
ABOUT THE AUTHOR.....	4
HOW TO USE THIS BOOK.....	9
FOOD SAFETY REMINDER.....	12
UNDERSTANDING CURING SALTS.....	15
GENERAL EQUIPMENT LIST.....	18
ESSENTIAL EQUIPMENT.....	18
OPTIONAL EQUIPMENT.....	20
NOTES FOR BEGINNERS.....	22
INGREDIENT GLOSSARY.....	23
MEATS.....	23
CASINGS.....	24
SEASONINGS.....	25
CURING INGREDIENTS.....	27
LIQUIDS.....	27
SPICE PREPARATION.....	27
DRYING AND FERMENTING SAUSAGES.....	28
A BEGINNER'S INTRODUCTION.....	28
WHY DRY SAUSAGES?.....	28
DRYING VS FERMENTATION.....	29
Drying.....	29
Fermentation.....	29
THE ROLE OF CURING SALTS.....	29
SUITABLE DRYING CONDITIONS.....	30
Temperature.....	30
Relative Humidity.....	30
Airflow.....	30
WHAT HAPPENS DURING DRYING?.....	30
CASE HARDENING.....	31
MOULD: GOOD OR BAD?.....	31
Usually Acceptable.....	31
Usually Undesirable.....	31
HOW DO YOU KNOW WHEN A SAUSAGE IS READY?.....	32
FOOD SAFETY ALWAYS COMES FIRST.....	32
A NOTE ABOUT HOME DRYING.....	32
LOOKING AHEAD.....	33
FINAL NOTE.....	33
CONVERSION TABLES.....	34
WEIGHT CONVERSIONS.....	34
COMMON RECIPE WEIGHTS.....	34
VOLUME CONVERSIONS.....	35
TEMPERATURE CONVERSIONS.....	35
SAFE COOKING TEMPERATURES.....	35
CASING SIZE REFERENCE.....	36
QUICK REFERENCE.....	36
A FINAL WORD ON ACCURACY.....	36
GENERAL RECIPE NOTES.....	37
FRESH AND SCALDED SAUSAGES.....	40
ADVANTAGES OF SCALDING.....	40

GENERAL SCALDING METHOD.....	40
FINAL COOKING.....	41
CHAPTER 1.....	42
POLAND.....	42
RECIPE 1.....	44
BIAŁA KIEŁBASA.....	44
RECIPE 2.....	49
KIEŁBASA WIEJSKA.....	49
RECIPE 3.....	54
KABANOSY.....	54
RECIPE 4.....	59
KIEŁBASA WESELNA.....	59
RECIPE 5.....	64
KRAKOWSKA.....	64
CHAPTER 2.....	69
CZECH REPUBLIC & SLOVAKIA.....	69
RECIPE 6.....	71
TRADITIONAL CZECH KLOBÁSA.....	71
RECIPE 7.....	75
SPIŠSKÁ KLOBÁSA.....	75
RECIPE 8.....	80
SLOVAK GARLIC SAUSAGE.....	80
CHAPTER 3.....	85
HUNGARY.....	85
UNDERSTANDING HUNGARIAN PAPRIKA.....	87
RECIPE 9.....	89
CSABAI KOLBÁSZ.....	89
RECIPE 10.....	94
GYULAI KOLBÁSZ.....	94
RECIPE 11.....	99
DEBRECENI.....	99
RECIPE 12.....	104
TRADITIONAL HUNGARIAN KOLBÁSZ.....	104
RECIPE 13.....	109
MÁJAS HURKA.....	109
RECIPE 14.....	113
VÉRES HURKA.....	113
CHAPTER 4.....	118
ROMANIA.....	118
RECIPE 15.....	120
RECIPE 16.....	125
CÂRNAȚI DE PLEȘCOI.....	125
RECIPE 17.....	130
TRANSYLVANIAN GARLIC SAUSAGE.....	130
CHAPTER 5.....	135
THE BALKANS.....	135
RECIPE 18.....	137
KRANJSKA KLOBASA.....	137
RECIPE 19.....	141
SLAVONSKA KOBASICA.....	141
RECIPE 20.....	146
SREMSKA KOBASICA.....	146

RECIPE 21.....	151
LESKOVAČKA KOBASICA.....	151
RECIPE 22.....	156
SUDŽUK.....	156
CHAPTER 6.....	161
GREECE.....	161
RECIPE 23.....	163
LOUKANIKO.....	163
RECIPE 24.....	168
ORANGE & HERB LOUKANIKO.....	168
RECIPE 25.....	173
GREEK VILLAGE SAUSAGE.....	173
CHAPTER 7.....	178
TURKEY.....	178
RECIPE 26.....	180
TRADITIONAL SUCUK.....	180
RECIPE 27.....	185
MILD SUCUK.....	185
RECIPE 28.....	190
LAMB SUCUK.....	190
CHAPTER 8.....	195
MALTA.....	195
RECIPE 29.....	196
ZALZETT MALTI.....	196
CHAPTER 9.....	200
THE NORDIC COUNTRIES.....	200
RECIPE 30.....	202
PRINSKORV.....	202
RECIPE 28.....	207
FALUKORV.....	207
RECIPE 32.....	212
MEDISTERPØLSE.....	212
RECIPE 33.....	217
JULEPØLSE.....	217
RECIPE 34.....	222
LENKKIMAKKARA.....	222
SCANDINAVIAN AND FINNISH SPECIALTIES.....	228
BLOOD SAUSAGES OF THE NORTH.....	228
RECIPE 35.....	229
BLODPØLSE.....	229
RECIPE 36.....	233
BLODPUDDING.....	233
RECIPE 37.....	237
MUSTAMAKKARA.....	237
CLOSING THOUGHTS.....	242
A JOURNEY THROUGH THE SAUSAGE TRADITIONS OF EASTERN EUROPE AND THE NORDIC COUNTRIES.....	242
THE IMPORTANCE OF TRADITION.....	242
DON'T BE AFRAID TO EXPERIMENT.....	243
EVERY BATCH TEACHES SOMETHING.....	243
WHERE TO GO NEXT.....	243
A PERSONAL THANK YOU.....	244

HOW TO USE THIS BOOK

Traditional European Sausages has been designed as a practical recipe collection for home sausage makers of all experience levels.

Whether you are preparing your very first batch of Bratwurst or expanding your repertoire with regional specialties from across Europe, this book aims to provide clear, easy-to-follow recipes that can be successfully reproduced in a home kitchen.

This volume focuses on the recipes themselves. While brief reminders are included where appropriate, detailed instruction on sausage-making techniques, equipment selection, food safety, meat preparation, grinding, mixing, stuffing, smoking and storage can be found in my companion book:

The Art of Making Your Own BBQ Sausages

Readers who are completely new to sausage making are strongly encouraged to read that book before attempting the recipes contained in this collection.

RECIPE FORMAT

Each recipe follows the same structure to make it easy to compare different sausage styles and select recipes suitable for your equipment and experience level.

Introduction

A brief overview of the sausage, its history and regional background.

Difficulty

Recipes are classified according to the level of experience typically required.

Beginner

Simple recipes suitable for first-time sausage makers.

Intermediate

Recipes requiring greater attention to detail, more complex seasoning blends or additional processing steps.

Advanced

Recipes involving specialised techniques, curing, smoking, emulsification or more demanding production methods.

Yield

The approximate quantity produced by the recipe.

Ingredients

All ingredients are listed in metric measurements for consistency and accuracy.

Method

A step-by-step guide explaining the preparation process.

Notes

Additional information that may include:

- Serving suggestions
- Traditional accompaniments
- Smoking recommendations
- Regional variations
- Optional ingredient substitutions

EQUIPMENT LEVELS

Some recipes may benefit from additional equipment. Where appropriate, the following classifications are used:

Basic Equipment

Suitable for producers equipped with:

- Meat grinder
- Sausage stuffer
- Digital scales
- Mixing bowls
- Thermometer
- Sharp knives

Advanced Equipment

May require one or more of the following:

- Food processor or bowl chopper
- Vacuum sealer
- Smoker
- Fermentation chamber
- Additional specialised equipment

INGREDIENTS

Whenever possible, use fresh, high-quality ingredients. Traditional sausage recipes rely heavily on the quality of the meat, fat and seasonings used.

Many regional recipes have existed for generations and often vary from village to village, family to family and butcher to butcher. The recipes in this book represent authentic and widely recognised versions adapted for practical home production.

SCALING RECIPES

Most recipes are designed for approximately 2 kilograms of finished mixture. This quantity is large enough to produce a meaningful batch while remaining manageable for home equipment.

Recipes can generally be scaled up or down proportionally. When doing so, always weigh ingredients accurately and maintain the same ratios.

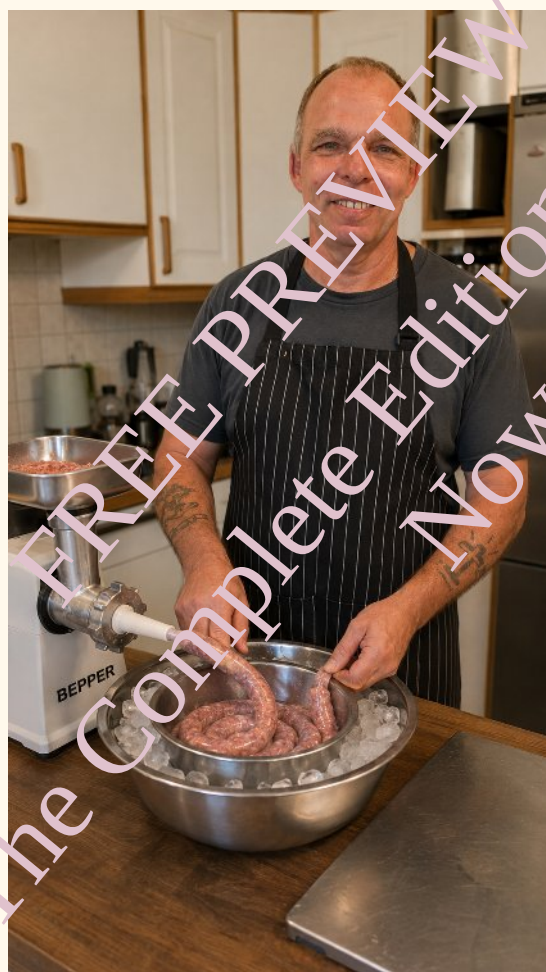
ENJOY THE PROCESS

Sausage making is both a craft and a culinary tradition. Do not be discouraged if your first attempt is not perfect. Every batch teaches something new.

Take your time, keep your equipment clean, maintain proper temperatures and enjoy the satisfaction of producing high-quality sausages with your own hands.

Most importantly, have fun and share your creations with family and friends.

Good sausage making is a skill developed over time—but every expert once started with their first batch.



NOTES FOR BEGINNERS

Do not feel pressured to purchase every piece of equipment immediately.

Many successful sausage makers begin with:

- A grinder
- A stuffer
- A scale
- A thermometer
- A few bowls
- A sharp knife

Experience and practice will contribute far more to your success than expensive equipment.

Focus on learning good technique first. Additional equipment can always be added later as your skills and interests develop.



DRYING AND FERMENTING SAUSAGES

A BEGINNER'S INTRODUCTION

Many of the sausages featured in this volume are intended to be eaten fresh or after smoking and cooking. However, several traditional recipes also include a drying stage, which helps develop flavour, improve texture and extend shelf life.

For readers new to sausage making, the terms *drying*, *curing* and *fermentation* can sometimes be confusing. While this book is not intended to be a complete guide to salami production, understanding the basic principles will help you produce safer and better-quality sausages.

WHY DRY SAUSAGES?

Fresh sausages contain a significant amount of water.

Drying helps to:

- Concentrate flavour.
- Improve texture.
- Reduce moisture content.
- Extend shelf life.
- Create traditional regional products.

As moisture gradually leaves the sausage, flavours become richer and more concentrated. The sausage becomes firmer and develops the characteristic texture associated with many traditional European specialties.

Many of the lightly dried sausages featured in this volume rely on this process to achieve their traditional character.

DRYING VS FERMENTATION

These two terms are often used interchangeably, but they are not the same thing.

Drying

Drying is the process of removing moisture from the sausage.

Examples in this book include:

- Sremska Kobasica
- Sudžuk
- Traditional Sucuk
- Mild Sucuk
- Lamb Sucuk

As water leaves the sausage:

- Weight decreases.
- Texture becomes firmer.
- Flavours become more concentrated.

Drying alone does not automatically create a fermented product.

Fermentation

Fermentation is a biological process in which beneficial bacteria convert sugars into lactic acid.

This process:

- Lowers the pH of the sausage.
- Helps improve safety.
- Creates the characteristic tangy flavour found in many salamis.
- Supports preservation.

Modern fermented sausages often use carefully selected starter cultures to ensure consistent results.

Most recipes in this volume are lightly dried rather than fully fermented.

More advanced fermented products such as salami are beyond the scope of this book and may be covered in future publications.

THE ROLE OF CURING SALTS

Several recipes in this volume use Cure #1.

Cure #1 contributes to:

- Improved safety.
- Protection against harmful bacteria.
- Characteristic cured colour.
- Traditional flavour development.

As mentioned in the curing salts chapter, curing salts vary between countries and suppliers.

Always:

- Follow the manufacturer's instructions.
- Verify the nitrite concentration.
- Calculate quantities carefully.

Never assume that all curing salts are identical.

SUITABLE DRYING CONDITIONS

Successful drying requires patience and control.

For most lightly dried sausages:

Temperature

Ideal drying temperatures generally fall between:

10°C and 15°C

Relative Humidity

Ideal humidity generally falls between:

70% and 80%

Airflow

Good airflow is essential.

The objective is gentle air movement rather than strong drafts.

Avoid:

- Direct sunlight.
- High temperatures.
- Excessively dry environments.
- Stagnant air.

WHAT HAPPENS DURING DRYING?

As the sausage dries:

1. Moisture gradually leaves the product.
2. Flavours become concentrated.
3. Texture becomes firmer.
4. Shelf life improves.
5. Traditional aroma develops.

Proper drying is a gradual process.

Attempting to speed up the process often creates problems.

CASE HARDENING

One of the most common drying problems is case hardening.

Case hardening occurs when:

- The outside of the sausage dries too quickly.
- The centre remains moist.

The dry outer layer then acts as a barrier, trapping moisture inside the sausage.

This can lead to:

- Uneven drying.
- Texture defects.
- Spoilage risks.

Maintaining proper humidity is one of the best ways to avoid case hardening.

MOULD: GOOD OR BAD?

During drying, mould may occasionally appear on the surface of the sausage.

Usually Acceptable

White powdery mould is often considered normal and may even be desirable on certain traditional products.

Usually Undesirable

The following moulds should be treated with caution:

- Green mould.
- Black mould.
- Blue-green mould.
- Brightly coloured moulds.

If extensive undesirable mould develops, the safest approach is to discard the product.

When in doubt, throw it out.

CONVERSION TABLES

The recipes in this book use metric measurements as the primary standard because they provide the highest level of accuracy and consistency.

For readers using British Imperial or United States customary measurements, the following conversion tables may be helpful.

For best results, always weigh ingredients whenever possible rather than relying solely on volume measurements.

WEIGHT CONVERSIONS

Metric	UK Imperial	US Customary
1 g	0.035 oz	0.035 oz
5 g	0.18 oz	0.18 oz
10 g	0.35 oz	0.35 oz
25 g	0.88 oz	0.88 oz
50 g	1.76 oz	1.76 oz
100 g	3.53 oz	3.53 oz
250 g	8.82 oz	8.82 oz
500 g	1.10 lb	1.10 lb
1 kg	2.20 lb	2.20 lb
2 kg	4.41 lb	4.41 lb
5 kg	11.02 lb	11.02 lb

COMMON RECIPE WEIGHTS

Metric	UK / US Equivalent
2 g	1/3 tsp (approx.)
5 g	1 tsp (approx.)
15 g	1 tbsp (approx.)
18 g	0.63 oz
25 g	0.88 oz
36 g	1.27 oz
50 g	1.76 oz
100 g	3.53 oz
200 g	7.05 oz

Note: Spice densities vary. For accurate sausage making, always use scales whenever possible.

VOLUME CONVERSIONS

Metric	UK Imperial	US Customary
5 ml	1 tsp	1 tsp
15 ml	1 tbsp	1 tbsp
50 ml	1.76 fl oz	1.69 fl oz
100 ml	3.52 fl oz	3.38 fl oz
250 ml	8.80 fl oz	1.06 cups
500 ml	17.60 fl oz	2.11 cups
1 litre	35.20 fl oz	4.23 cups

TEMPERATURE CONVERSIONS

Celsius	Fahrenheit
-18°C	0°F
-10°C	14°F
0°C	32°F
4°C	39°F
10°C	50°F
20°C	68°F
40°C	104°F
60°C	140°F
70°C	158°F
75°C	167°F
80°C	176°F
100°C	212°F

SAFE COOKING TEMPERATURES

Product	Minimum Internal Temperature
Pork Sausages	71°C / 160°F
Beef Sausages	71°C / 160°F
Poultry Sausages	74°C / 165°F
Meat Loaf Products	71°C / 160°F
Liver Products	71°C / 160°F

Always verify temperatures using a reliable food thermometer.

CASING SIZE REFERENCE

Casing Type	Approximate Diameter
Sheep Casing	20–26 mm
Small Hog Casing	28–32 mm
Medium Hog Casing	32–36 mm
Large Hog Casing	36–40 mm
Beef Middle	45–65 mm
Beef Bung	90–120 mm

QUICK REFERENCE

1 kg = 2.20 lb

500 g = 1.10 lb

250 g = 8.82 oz

100 g = 3.53 oz

1 litre = 1.76 UK pints

1 litre = 1.06 US quarts

1°C = (°F – 32) ÷ 1.8

1°F = (°C × 1.8) + 32

A FINAL WORD ON ACCURACY

Traditional sausage making rewards precision.

A difference of only a few grams of salt, curing agent or spice can significantly affect flavour, texture and safety. Whenever possible, use digital scales and measure ingredients by weight rather than volume.

Consistent measurements lead to consistent results—and consistent results are the foundation of great sausage making.

(POLISH WHITE SAUSAGE)

Region:

Poland

Difficulty:

Beginner

Equipment Level:

Basic

Yield:

Approximately 2.5 kg

INTRODUCTION

Biała Kiełbasa, or Polish White Sausage, is one of Poland's most traditional and beloved sausages. Unlike many of the smoked sausages for which Poland is famous, Biała Kiełbasa is generally sold fresh and uncooked, retaining its pale appearance and delicate flavour.

The sausage occupies a special place in Polish culinary traditions and is particularly associated with Easter celebrations, where it frequently appears in soups, stews and festive family meals. However, it is enjoyed throughout the year and remains one of the foundations of traditional Polish sausage making.

Biała Kiełbasa demonstrates the classic Polish flavour profile of garlic, marjoram and pepper. The seasoning is simple yet remarkably effective, allowing the flavour of the pork to remain the centre of attention.

For sausage makers, it serves as an excellent introduction to Polish sausage traditions and provides a foundation for understanding many other Eastern European recipes.

INGREDIENTS

Meat and Fat

- 2,000 g pork shoulder
- 500 g pork belly

Seasonings

- 45 g salt
- 8 g freshly ground black pepper
- 12 g fresh garlic, finely minced

or

- 5 g garlic powder
- 5 g dried marjoram

Additional Ingredients

- 200 ml ice-cold water

Casings

- 32–36 mm hog casings

METHOD

1. Thoroughly chill the meat, fat and grinder components before beginning.
2. Cut the pork shoulder and pork belly into suitable grinding cubes.
3. Place the meat into the freezer until very firm but not frozen solid.
4. Grind the pork through a 6–8 mm plate.
5. Combine the salt, pepper, garlic and marjoram.
6. Distribute the seasoning mixture evenly over the ground meat.
7. Add the ice-cold water gradually while mixing.
8. Continue mixing until a firm protein bind develops and the sausage mixture becomes sticky and cohesive.
9. Stuff into prepared hog casings.
10. Twist into links approximately 12–15 cm long.
11. Refrigerate overnight to allow the flavours to develop.

TRADITIONAL PREPARATION

Unlike many grilling sausages, Biała Kielbasa is traditionally poached before serving.

1. Heat water to approximately 75–80°C.
2. Add the sausages.
3. Poach gently for 25–30 minutes.
4. Serve immediately or allow to cool.

The sausage may then be:

- Served as is
- Lightly grilled
- Pan-fried
- Added to soups and stews

NOTES

Traditional Serving Suggestions

Serve with:

- Mustard
- Horseradish
- Rye bread
- Sauerkraut
- Potatoes

The Importance of Marjoram

Marjoram is one of the defining flavours of Polish sausage making.

Its herbal character complements pork exceptionally well and appears throughout many traditional Polish recipes.

The Role of Garlic

Polish sausages generally use more garlic than many Western European sausages.

Garlic contributes:

- Aroma
- Depth of flavour
- Traditional Polish character

Texture

A properly made Biała Kielbasa should have:

- Medium-coarse texture
- Juicy bite
- Pronounced garlic aroma
- Balanced marjoram flavour

Regional Variations

Traditional recipes may include:

- Additional garlic
- White pepper
- Different grind sizes
- Small amounts of beef

Every family and butcher often develops a personal variation.

Storage

As a fresh sausage:

- Refrigerate immediately
- Consume within 2–3 days

Suitable for freezing.

SAUSAGE MAKER'S TIP

For the most authentic flavour, use freshly minced garlic and freshly ground marjoram whenever possible. Their aroma is one of the defining characteristics of traditional Polish White Sausage.

HISTORICAL NOTE

Biała Kielbasa has been part of Polish food culture for centuries and remains closely associated with Easter celebrations and family gatherings. Its simple ingredient list reflects a long tradition of practical, flavourful farmhouse cooking.

WHAT MAKES BIAŁA KIEŁBASA DIFFERENT?

Compared with German Bratwurst:

- More garlic
- More marjoram
- Traditionally poached

Compared with Polish smoked sausages:

- Fresh rather than smoked
- Pale appearance
- Lighter flavour profile

Compared with British sausages:

- No rusk
- No breadcrumbs
- Stronger garlic character

THE FOUNDATION OF POLISH SAUSAGE MAKING

Biała Kielbasa is often the first sausage people encounter when exploring Polish cuisine. Its balance of pork, garlic and marjoram perfectly captures the character of traditional Polish sausage making and provides an excellent starting point for the Eastern European recipes that follow.

FREE PREVIEW
The Complete Edition Available
Now



KIEŁBASA
Poland



KLOBÁSA
Czech Republic



JATERNICE
Slovakia



PAPRIKÁS KOLBÁSZ
Hungary



EAST EUROPEAN SAUSAGES

A COMPLETE GUIDE TO
TRADITIONAL SAUSAGE MAKING



RECIPES



TECHNIQUES



CULTURE

CÂRNAȚI
Romania



BIŁA KIEŁBASA
Poland



AUTHENTIC RECIPES FROM
POLAND, HUNGARY, ROMANIA & BEYOND

SREMSKA KOBASICA
Serbia



SUJUK
Bulgaria



MITITEI SAUSAGE
Romania



LOUKANIKO
Greece



TRADITIONAL RECIPES



STEP-BY-STEP GUIDES



AUTHENTIC FLAVORS

Continue Your Journey...

You've only explored a small part of the rich sausage traditions of Eastern Europe and the Nordic countries.

The complete edition takes you far beyond the basics, introducing authentic recipes, regional ingredients and traditional techniques that have been perfected over generations.

Inside the full book you'll continue your journey through:

Poland

- Kielbasa Wiejska
- Kabanosy
- Krakowska
- Kielbasa Weselna

Czech Republic & Slovakia

- Traditional Czech Klobása
- Spišská Klobása
- Slovak Garlic Sausage

Hungary

- Csabai Kolbász
- Gyulai
- Debreceni
- Traditional Hungarian Kolbász
- Májas Hurka
- Vörös Hurka

Romania

- Cârnați de Pleșcoi
- Transylvanian Garlic Sausage

The Balkans

- Kranjska Klobasa
- Slavonska Kobasica
- Leskovačka Kobasica
- Sudžuk

Greece

- Loukaniko
- Orange & Herb Loukaniko
- Greek Village Sausage

Turkey

- Traditional Sucuk
- Mild Sucuk
- Lamb Sucuk

Malta

- Zalzett Malti

Nordic Countries

- Prinskorv
- Falukorv
- Medisterpølse
- Julepølse
- Lenkkimakkara
- Blodpølse
- Blodpudding
- Mustamakkara

The Complete Book Includes

- ✓ More than 240 pages
- ✓ 37 authentic recipes
- ✓ Introduction to drying & fermentation
- ✓ Traditional regional techniques
- ✓ Full-colour photography
- ✓ Home kitchen adaptations
- ✓ Food safety guidance
- ✓ Conversion & reference tables

Ready to Continue?

From Polish Kielbasa and Hungarian Kolbász to Greek Loukaniko, Turkish Sucuk and the unique blood sausages of Scandinavia, this book invites you to explore some of Europe's richest sausage-making traditions.

Take the next step and continue your journey through Eastern Europe and the Nordic countries.

The Complete Edition is Available Now

Purchase directly from **Photo and Crochet**

<https://photoandcrochet.com/en/products/detail/the-art-of-traditional-european-sausage-making-volume-2-eastern-europe-the-nordic-countries>

or instantly from **Gumroad**

<https://joydieter.gumroad.com/l/qryzz>