

Deejay's
e-Book of
Deli Style
Cold cuts



<http://www.deejayssmokepit.net>

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Introduction

There are many, many types of deli style cold cuts on the market today and some are very pricey. We are lucky because we have smokers and can make just about anything we want at a fraction of the grocery store prices!

What most people don't realize is that most cold cuts are simply sausages made from pork, beef, chicken, turkey, beef or a combination of these. I say most because there are some cold cuts like prosciutto that are dry cured and not ground meats. We'll get into that later!

Okay I know you may be saying to yourselves "sausage?" Yes, Sausage! According to Wikipedia:

*A **sausage** is a prepared food product usually made from ground meat, animal fat, salt, and spices, and sometimes other ingredients such as herbs, and generally packed in a casing.*

***Cold cuts** is a U.S. term that refers to cheeses or precooked or cured meat, often sausages or meat loaves, that are sliced and usually served cold on sandwiches or on party trays.*

***Cold cuts** are also known as lunch meats, luncheon meats, sandwich meats, cooked meats, sliced meats, cold meats and deli meats.*

I love cold cuts! I love sandwiches aka sammies! After experimenting with making sausages for the better part of the last 30 years off and on and standing at the deli counter thinking I can do this - it occurred to me that all I needed was a larger casing or container and I could make my own delicious deli meats and probably make it less salty (my pet peeve) and less fatty and even add a few things I always wish were in there.

A few years ago I started to experiment with lunchmeats. I started out simple ... gee hotdogs taste a lot like bologna don't they? Hmmmm. My first lunchmeat was a variation of my hotdog recipe and it went on from there.

Over the last several years I've made some awesome lunchmeats that would make a deli man cry! I've also expanded out to experimenting with fermented or dried, aged lunchmeats that I was afraid to try in the past

because the books I read made it sound like rocket science. I am here to tell you – It's not rocket science it cooking and it's easy!

Types of Cold Cuts

There are three types of deli style cold cuts, baked, smoked, dry cured or fermented.

The baked, boiled and smoked cold cuts are just like making any other sausages just in large casings or nets. They just ground up meat, fat and spices that are baked or smoked slowly at low temperatures until they reach a specific internal temperature. Sound familiar? It just takes longer than regular sausages because they are fatter sausages. Makes sense right?

These would include:

- Bologna
- Boiled ham
- Cooked salami
- Pickle and pimento loaf
- Liverwurst
- Capricolla ham
- Pastrami

Dry cured cold cuts are not cooked at all. They are cured and hung to dry for a period of time from months to over a year. Prosciutto ham is of this type. The meat is prepared using a dry cure or a wet cure method and hung to dry.

Fermented cold cuts use starter culture similar to bread, cheese or beer to create lactic acid in the sausages which gives you that tang and mouth watering flavor you get from salami, pepperoni and slim Jims.

Lactic acid also helps to prevent spoilage in your sausages. Using starter cultures is no more complicated than adding yeast to bread yet it has been made to sound like rocket science by most books on the market.

These would include:

- Hard Salami
- Tuscan salami
- Genoa Salami
- Pepperoni

What ever type of cold cuts you decide to make the hardest part is finding the larger casings. It can be a chore but there are a few companies out there that will sell to hobbyists. These are also some fancy casings out there that have little pockets and make the meat look like flowers when sliced.

PLEASE READ THESE NOTE BEFORE PROCEEDING!

NOTE 1: If you decide to smoke your lunchmeats add Prague Powder #1. If you decide to bake your lunchmeats in the over the addition of Prague powder is NOT needed and may be deleted from the recipe.

NOTE 2: Dry aged, fermented sausages require you use Prague powder #2, Do not confuse this with Prague powder #1 which is used for smoking at lower temperatures.

NOTE 3: Instacure and other meat cures may be substituted if used as directed.

NOTE 4: Morton's Tender Quick MAY NOT be used as a direct substitute for Prague Powder because it contains at least 3 times more salt than Prague powders. If you choice to use Morton's Tender Quick I do not have any recommendations other than to eliminate all other salt from the recipe.

Grinding the Meat (for all cold cuts and sausages)

Trim and cut all meat and fat into cubes small enough to fit into your grinder and return the meat to the freezer to stiffen up – keep the meat stiff. At this point you can weigh the meats and fat for proportions or just look at it and guess. It's not rocket science here!

Grind it and grind the meats and fats separately and return to the freezer after each grind.

Start with the largest plate you have to rough cut the meat and fat. I often use a plate that is designed as a spacer for stuffing (on the right). You don't have to do this, but it just seems to cut cleaner using this extra step and the meat freezes quicker after that.



Next grind with a finer plate – whatever is suggested for the recipe and return the meat to the freezer again.

At this point just before the last grind and stuffing I mix in all the spices. Whether or not I put it in the refrigerator over night or not is a matter of time. Your sausage your choice! Does it meld better stuffed or in a tray? I don't see a difference. For me it depends on the time of day. If it's late and I have to work in the morning it goes in the fridge if it's early and I am not pressed for time I stuff it first then it goes in the fridge.

The spicier the sausage the longer it takes for all the spices to blend with the meat. Whether it's blending in or out of the casings I don't much care as long as the air doesn't get to the meat to dry it out!

When baking sausage a cure is not needed. It is suggested for smoking sausages for long periods of time at low temperatures a curing agent such as Prague #1 or Morton's Tender Quick be used. Which one is up to you. I prefer Prague #1 unless otherwise specified by the recipe. Some of my older recipes use Morton's because that is what was available to me at the time and I haven't converted them as of yet. Morton's uses more salt so keep that in mind if the recipe called for Prague powder!

Prick sausages with a toothpick or sausage pricker before cooking or smoking. For fully cooked smoked sausages, smoke at about 225°F for 4 to 6 hours until a safe internal meat temperature is achieved. For fresh smoked sausages just smoke for about 4 hours at 125°F. The thicker the sausage the longer it takes to achieve safe internal sausages.

Baked, Boiled And Smoked Cold Cuts

Deejay's Smoked Bologna

7 Lbs ground beef 80% lean
1/2 teaspoon garlic powder
1/2 teaspoon celery salt
1/2 teaspoon Allspice
1/2 teaspoon Onion Powder
1/2 teaspoon Cajun Spice
1/2 teaspoon Coriander
1/2 teaspoon Nutmeg
1/2 tsp Powdered Mustard
1/2 tsp Ground Mace
1 tablespoon AmesPhos or other brand phosphates
1 teaspoon Salt
1-1/2 teaspoons white pepper
1-1/2 teaspoons Ruby Red Paprika
1-1/2 teaspoons Dextrose
1/2 cup powdered milk
1/2 cup crushed Ritz crackers or rice flour
about 1 cup of ice water
Prague Powder #1 per lbs of meat



Cut brisket into cubes removing as much fat as possible. Save about 1/2 pound of the soapy fat. Freeze meat and fat until stiff. Grind meat and fat separately using large plate, then mix and grind using 1/8" plate. Place back into the refrigerator between grinds to keep stiff.

Dissolve Prague powder, salt, AmesPhos and dextrose in about 1/2 cup of warm water, chill until almost frozen, then mix in the remaining spices.

Mix into meat well and regrind with 1/8" plate or use a blender or food processors to emulsify in small batches. Add remaining ice water to keep meat below 55°F.

Stuff into collagen casings or beef rounds if making a ring bologna.

Smoke at about 120°F for 1 hour with dampers 1/2 open, then slowly raise temperature to 160°F until an internal temperature of 155°F is reached.

Deejay's Cheesy Hot Link Lunchmeat

2 1/2 lb ground pork shoulder
2 1/2 lb ground beef brisket, beef round, or sirloin
2 teaspoons dried sage
2 teaspoons crushed red pepper
2 teaspoons paprika
2 teaspoons dried sweet basil
2 teaspoons anise seed
2 teaspoons ground cumin
2 teaspoon dried oregano
2 Cups High Temperature Cheddar
Salt and ground black pepper to taste



Smoke at about 225°F for about until an internal temperature of 170°F.

Plunge the cooked sausage into cold water and chill it. Hang in a cool place.

Slice thin and fry or nuke before eating. Great with a spoonful of sauerkraut on the Sammie!

Deejay's Capricolla Ham

8 to 9 lbs well trimmed Pork Butt
3 tablespoons Salt
2 teaspoons Coriander
2 tablespoons White Sugar
1 teaspoon Mace
1 tablespoon Amesphos
2 teaspoons Citric Acid (use encapsulated citric acid if smoking)
2 teaspoons White Pepper
1/2 teaspoons Juniper Berries
1 teaspoon Garlic Powder
(Prague Powder #1 per lbs of meat if smoking!)



The Rub

2 tablespoons Paprika
2 tablespoons Black pepper
1 tablespoon Crushed Fennel Seeds

Chill meat until stiff but not quite frozen and trim most of the fat.
Cut into strips about 1 inch wide, 2 inches across and 2 inches long. Don't worry about the smaller chunks just throw them in there!

Premix spices and then add to meat. Mix well!

Refrigerate meat mixture for 24 hours in an air tight plastic bag.

Next day:

Dust meat with 1/2 tablespoon of unflavored gelatin powder (Knox)
Lay meat mixture about the size of your casing on plastic wrap and dust with pepper and fennel mixture all the way around the meat. Roll meat to help shape sausage.

Stuff into 4" to_ 5" artificial casing.

Prick surface of casing to release air. Roll to shape pack meat down and to remove air pockets.

Bake or smoke at 180°F degrees for about 4 hours to achieve an internal temperature 155°F.

Deejay's Deli Style Smoked Turkey

Simply brine a turkey with your favorite brine overnight.

1 gallon water
1/3 cup salt (sea or kosher)
3/4 teaspoon Garlic Power
3/4 teaspoon Onion Powder
3/4 teaspoon Cajun Spice
2 to 4 inch casing



Remove from the brine and begin de-boning. Soak all but the meat you are working on in plain cold water for about one hour. I reserve the wings and legs for eating later. Put the meat it back in the fridge to chill it.

Cut it up into pieces about 2x3x2 inches more or less. You can use both white and dark meat if you want.

Sprinkle a packet of Knox gelatin over the meat and mix well.

Tie off one end of the casing and sprinkle the inside of the casing with paprika or you favorite poultry rub for color and stuff the meat in.

Once the sausage is stuffed squeeze the meat down tightly. Get all the air out by rolling it and twisting the casing as you go. You may have to poke a few small holes in the casing. Some large casings have holes some do not. Tie off the opening and let it sit in the fridge overnight.

Smoke at about 180°F degrees for about 4 hours or until an internal temperature 160°F is reached.

Deejay's New York Deli Style Pastrami

1 large brisket trimmed, packer, or flat

The Brine

1 gallon cold water

1 cup kosher salt

Prague powder #1 (by meat weight)

3 oz white sugar

6 bay leaves (crumbled)

2 teaspoons garlic powder

2 teaspoons juniper berries (crushed)*

2 teaspoons black peppercorns

The Rub

1/3 cup Butchers Ground Course Black Pepper

* 1/3 cup juniper berries (crushed)

1/4 cup coriander

Mix the spices together in a pint or so of hot water to dissolve it well then add the rest of the water, mix well then add the meat.

Pump/inject meat with brine every few inches up to about 10% of it dry meats weight and refrigerate in the brine for 5 to 7 days. This is a good time to use vacuum sealer if you have one, if not just put a heavy plate on top of plastic wrap to keep the meat fully submerged during the brining process and keep air from hitting the meat.

After about 7 days in the brine remove the meat and rinse in clear cold water to remove excess salt. Do this for about 20 minutes.

Mix these spices together and rub it into every nook and cranny of the meat. Pack it on there, wrap it up tight in several layers plastic wrap and set it in refrigerator for 2 or 3 days. If you have a vacuum sealer that will work well here also.

Smoke the meat between 200° F to 225 ° F with hickory, apple or your favorite wood. Spray every hour or so with apple juice or 50-50 mix of apple juice and white wine. Once the meat gets up to about 160° F you may double wrap it in plastic wrap and continue cooking until the internal temperature reaches 180° F, then remove it from the smoker and cool over night. Slice across the grain and enjoy!

Old Fashioned Loaf

1 quart ice water
7 lbs. pork butts
2 cups non-fat dry milk
3 lbs. beef chuck
1 cup soy protein concentrate
6 tablespoons salt
8 tbsp. corn syrup solids
1 tablespoon coriander
1 tablespoons. ground white pepper
4 tablespoons onion powder
3 teaspoons ground celery
Prague Powder #1 per pounds of meat

Grind all the lean pork through a 3/16" grinder plate

Mix and add 3/4 of all the ingredients except ice water, soy protein concentrate and non-fat dry milk. Mix well.

Grind all of the beef through 3/16" grinder plate, adding the rest of the ingredients.

After mixing stuff into bread pans, bake in a smoker for about 8 hours at 170°F or until the internal temperature reaches 152°F.

Remove from pans and let cool overnight in the refrigeration before slicing.

Deejay's Pickle, Pimento, Olive & Cheese Loaf

10 lbs of Lean Beef
6 lbs of Pork Butt
3 Tablespoons ground white pepper
1/2 Cups of Ground Mustard
2 1/2 Tablespoons Ground Celery
2 1/2 Teaspoons Ground Nutmeg
2 1/2 Teaspoons Ground Coriander
2 1/2 Teaspoons Garlic Powder
1 Cup Brown Sugar
3 Cups Powdered Milk
2/3 Cup Salt
5 Cups of Ice Water
4 Teaspoons Prague Powder #1
4 Cups diced American Cheese (High Temperature cheese)
4 Cups diced Pickles and Stuffed Green Olives



Stuff in 4" casing and smoke at 165°F degrees until the internal temp is 150°F then cool.

Or bake in the oven at 165°F degrees until the internal temp is 150°F then cool.

You can leave out anything you don't want and make just P&P or just Olive loaf etc. ENjoy!

TIP: Don't try to slice it until it's cooled or it'll smash (kind of like the picture above)

Cheech's Bologna - This for 25 lbs of meat

18lbs of lean meat
7 lbs of pork butt
2.5 TSP ground white pepper
1/2 cups of ground mustard
2.5 tbs ground celery
2.5 tsp ground nutmeg
2.5 tsp ground coriander
2.5 tsp garlic powder
3/4 cup powdered dextrose
5 cups soy protein concentrate
5 cups of ice water
5 tsp instacure no 1
2/3 cup salt

Grind thru 3/16 plate

Mix in ingredients and water as you go.

I usually stuff in to 8" casings but any size will do.

After stuffing by hand ill dry them, put in smoker that is at 165°F until the internal temp is 150°F then cold shower until internal temp is 90°F.

Deejay's Liverwurst

3 pounds fresh pork liver, cubed
3 pounds lean pork butt, cubed
2 pounds smoked bacon ground
3 small onions, finely diced
7 tablespoons Carnation Non fat dry milk
3 teaspoon freshly fine ground white pepper
4 teaspoons salt, or to taste
6 teaspoons Ruby Red Paprika
3 teaspoon white sugar
1-1/2 teaspoon marjoram
1-1/2 teaspoon ground coriander
3/4 teaspoon mace
3/4 teaspoon allspice
3/4 teaspoon ground cardamom



Pass liver and pork separately through 3/8 inch grinder plate. Mix the meats together and grind again through a 1/4 inch plate or the same plate. Whichever is your smallest.

Mix the meat by hand and add your onion and spices a little at a time to blend evenly.

Refrigerate for 1 hour. Grind meats and spices through your smallest plate twice more chilling between grinds. It should look a lot like reddish chocolate pudding.

Stuff mixture into 2-1/2 to 3 inch casings. I use collagen.

Get a large pan of water boiling big enough to submerge sausages. Put sausages into boiling and simmer for about 3 hours.

Be sure to keep sausages submerged during the whole process.

Drain water from the pot and cover sausages with ice water until cooled. Dry off sausages with paper towels and refrigerate over night before eating.

This may be smoked lightly for about 1 hour at 200° to add smoky flavor.

Italian Style Boiled Ham

1 large fresh pork shoulder or picnic
1 packet Knox gelatin

The Brine

1/2 gallon ice water
1/2 cup of brown sugar
1/2 cup salt
1/2 cup pure maple syrup
2 to 3 bay leaves crumbled
2 to 3 crushed basil leaves
Prague powder #1 per pound of meat

Carefully de-bone your shoulder.

Dissolve all the sugar, salt and maple syrup in a few cups of heated water. Cool the water and mix in a bucket or covered bowl large enough to cover the meat. Inject the meat every few inches with the brine water. Keep the meat covered in the brine for about a week. A vacuum sealer works great for this!

After a week drain the brine from the meat and rinse in fresh clear water and let the meat dry refrigerated over night to dry completely.

Sprinkle the meat with the Knox gelatin.

Wrap the meat completely in cotton or muslin cloth and tie with string like or use a tightly tied ham net to hold the meat into a nice round shape.

IN a large big enough to hold enough water to cover the meat bring water up to about 200°F and carefully slip in the meat. Let the meat simmer at about 180°F for about 3 hours or until the internal temperature of the meat reaches 160°F.

Cool ham in the refrigerator over night before eating. At this point meat may be unwrapped and smoked for a few hours at 180°F for a nice smoky flavor.

Dry Cured or Fermented Cold Cuts

Deejays Fermented Tuscan Style Salami

11 lbs trimmed pork butts
2-1/2 lbs pork fat
7 tablespoons kosher salt
1 cup powdered milk
2 tablespoons buttermilk powder
2 tablespoons Curley's taste booster
3 tablespoon Ruby Red 100 Paprika
8 tablespoons dextrose
6 tablespoons cracked fennel seeds
1 teaspoon ground anise
4 teaspoons ground white pepper
5 teaspoons coarse black pepper
2 teaspoons garlic powder
1/4 teaspoon starter culture
2 tablespoons pure bottled water – no chlorine!
1/2 cup Chianti wine



Cut meat and fat into 1-inch cubes and freeze until stiff.
Blend all spices except salt and starter and set aside.

Grind meat and fat first through a coarse plate then through ¼ inch plate.
Mix well. Sprinkle salt over meat, mix well and wait until meat gets sticky.
Once sticky add spices (not culture) to the meat and mix in well.

Dissolve starter culture in pure bottle water and mix with meat.
Add wine to meat mix well.
Stuff into 4-inch protein lined collagen casings

Weigh each salami and write it down! Salami must be hung in an area at about 85° with a relative humidity of 90% for 24 hours. Wrapping a damp cheesecloth around the sausages with the end hanging in a bowl of water will allow you to achieve this level of humidity.

Hang the salamis for a minimum of 30 days in a cool area about 55 - 60°F with a humidity level of 70%. The salamis should loose about 30% of their green weight. If using a smaller or larger casing adjust the hanging time

accordingly. Allow to sit uncovered in the refrigerator for 2 to 3 weeks to increase dryness.

Genoa Salami

5 pounds lean beef from chuck
3 pounds lean pork cubed
2 pounds pork fat, cubed
5 tablespoons salt
1 1/2 Tbsp sugar
2 Tbsp whole peppercorns
1 Tbsp white pepper
1 tsp ground coriander
2 tsp garlic finely minced
1 tsp cardamom
1/2 tsp Prague powder # 2



After grinding the meats and herbs and cure together allow to sit in the fridge 24 hours before placing into casings.

Stuff into casings and weigh the sausage. Write this down!

Allow to hang in a cool (50°F) clean place to cure and dry for about 3 months depending on how dry the area is that its' hanging in. It needs to get down to about 1/3 of it's original weight.

Deejays Fermented Hard Salami

11 lbs trimmed pork butts
2-1/2 lbs pork fat
8 tablespoons kosher salt
1 cup powdered milk
3 tablespoons buttermilk powder
3 tablespoons Ruby Red 100 Paprika
8 tablespoons powdered dextrose
10 tablespoons cracked fennel seeds
2 tablespoons anise seeds
2 tablespoons fennel seeds
4 teaspoons ground white pepper
6 teaspoons black peppercorns
2 teaspoons crushed red pepper
1-1/2 teaspoons garlic powder
1/4 teaspoon starter culture (Bactoferm™ F-RM-52)
2 tablespoons pure bottled water – no chlorine!
1/2 cup Chianti wine



Cut meat and fat into 1-inch cubes and freeze until stiff.
Blend all spices except salt and starter and set aside.
Grind meat and fat first through a coarse plate then through ¼ inch plate.
Mix well.
Sprinkle salt over meat, mix well and wait until meat gets sticky. Once sticky add spices (not culture) to the meat and mix in well.

Dissolve starter culture in pure bottle water and mix with meat. Add wine to meat mix well. Stuff into 4-inch protein lined collagen casings

Weigh each salami and make note of their weights – this is called green weight. Salami must be hung in an area at about 85° with a relative humidity of 90% for 24 hours. Wrapping a damp cheesecloth around the sausages with the end hanging in a bowl of water will allow you to achieve this level of humidity.

Hang the salamis for a minimum of 30 days in a cool area about 55 - 60°F with a humidity level of 70%. The salamis should loose about 30% of their green weight. If using a smaller or larger casing adjust the hanging time accordingly. Allow to sit uncovered in the refrigerator for 2 to 3 weeks to increase dryness.

Deejay's Fermented Pepperoni

5 lbs pork butt
5 lbs beef chuck
5 tablespoons salt
1/2 cup powdered milk
1/2 cup butter milk powder
4 teaspoons garlic powder
3 teaspoons black pepper
1 tablespoon cayenne pepper
1 teaspoon mace
1 teaspoon mustard powder
1 teaspoon fennel seeds crushed
1 teaspoon anise seeds crushed
2 teaspoons dextrose (corn sugar)
1/4 teaspoon bactoferm 52 starter culture
Prague powder #2 per pounds of meat according to manufacturers
Instructions



Cut into small chunks that will fit in your grinder. Partially freeze meat and course grind. Grind again using ¼ inch plate should be a paste.

Mix salt and Prague powder into the meat and hill until the meat is sticky. Mix starter culture in a few tablespoons of bottled water with just a pinch of dextrose added and let sit until ready to use.

Add all spices except the starter culture into the meat and mix well, then add starter culture.

Stuff into 30mm casings for sticks or 4 inch casing for slicing.

Hang at 85°F with a relative humidity of 90% for about 24 hours. An oven with a light on will achieve this temperature and laying a damp cheese cloth over the sausages will give you the humidity.

After 24 hours hang in a cool area 55 - 60°F with a humidity level of 70%. The pepperonis should loose about 30% of their green weight.

After about 2 to 3 weeks for sticks or 2 to 3 months for cold cuts place pepperonis in the refrigerator uncovered for until the desired level of dryness is achieved.

Bactoferm 52 may be purchased from Butcher & Packer.