How to Make Venison Trail Bologna

Introduction

These instructions are for deer hunters or other persons with a large quantity of ground venison. These instructions assume you know how to use your meat grinder and you know how to defrost frozen meat safely and properly. To successfully make trail bologna, you will need a trail bologna kit which includes casings, spices and the salt cure along with the other materials listed below. Any kit containing those items will allow you to make bologna. I use, the Trail Bologna Kit made by Con Yeager. To start these instructions, your meat must be thawed and the meat grinder must be operational. The instructions end with cooked and finished bologna.

Warning

It's best you read if you intend on doing this at all.

Be sure to follow all standards for culinary safety. Wash all equipment with soap and warm water before use. Also, do not allow meat to sit outside a cool environment for an extended period of time. Any fault can cause your bologna to be unsafe to eat.

When operating a meat grinder, do not put your hand or fingers anywhere near the grinding mechanism. Meat grinders are designed to grind meat. Fingers are made of meat. If you need to clean the grinder or free a blockage, turn off the grinder if it is electric or remove the crank handle if it is manual before disassembly.

Materials Needed

1. Meat Grinder with sausage tube
2. Meat thermometer
3. 10 lbs of ground venison (already ground?)
4. Trail Bologna Kit (including casings, spices and salt cure)

Time Required

1. Preparation (thawing frozen meat): 48 hrs.
2. Casing preparation: 20 mins
3. Making Bologna:
   - Using a Hand Grinder: 45 to 75 mins
   - Using an Electric Grinder: 15 to 30 mins — well worth it!
4. Baking: roughly 2 hrs and 30 mins
5. Clean Up: 5 to 10 mins
6. Total Time: 3 – 4 hrs (not including thawing time)

Experience Required

No specific prior cooking experience is required to use these instructions. The only experience necessary is you are knowledgeable in the operation and cleaning of your meat grinder. (parallelism please!)
Preparing to make Bologna

Steps 1 through 5 will show you how to set up everything needed to make bologna.

1. Set up meat grinder with sausage tubing.

   In these instructions I will be using a manual meat grinder.

   Good note!

2. Thaw meat properly

   Thaw by placing frozen meat in refrigerator 48 hours in advance of cooking per 2 lb packages of

3. Soak bologna casings in hot water for 20 mins before stuffing.

   Continue soaking casings until you are ready to use them. The soaking allows the casings to become malleable and therefore usable.

4. Gather 8 lbs of ground venison and 2 lbs of ground beef along with the spices, salt cure and water as listed on your bologna kit.
Mix spices, salt cure and water with ground meat.

2 lbs of ground beef mixed in with 8 lbs of ground venison, spices and salt cure

The notes are

not helpful and

encouraging.

Filling Bologna Casings
The following steps will guide you through how to properly fill your casings.

1. Place casing over sausage tube so that the end of the sausage tube is touching the closed end of the casing.

Make sure to keep the sausage tubing at the back (closed end) of the casing. The open end of the casing should be bunched up around the sausage tube.

Good
clarification!
2 Place meat into the meat grinder hopper.

Be careful not to overfill the hopper and spill meat or to put fingers anywhere near the operating mechanisms of the grinder.

3 Grind meat into casing.

Meat will be ground, and be pushed to the closed end of the casing flowing through the sausage tube.

4 Keep closed end of casing pushed against the sausage tube.

Allow dense packing of bologna. If air becomes trapped in the casing, squeeze the air out with your finger or use a pin to poke a hole in the air pocket after you have tied the full casing or roll meat with your hands to push air out.

5 Slowly release casing as bologna enters casing.

6 Continue adding meat into the meat grinder hopper as you grind.
7 When only about 2" of used casing is left, remove meat-filled casing and spin the casing as to seal the meat inside the casing.

8 Tie spun end of casing shut.

   It may be helpful to use a clip to temporarily hold casing closed to free both hands for knot tying.

   Any strong knot will work. Square knots and overhand knots are more than adequate.

9 Place full casing in the refrigerator until you are ready to bake.

   Refrigerate bologna for a maximum of 24 hours before baking

   [Image of bologna and Folgers coffee]

10 Repeat steps 6 through 14 until all meat is ground up and is inside bologna casings and all casings are staying cool in the refrigerator.

**Baking Your Bologna**

Now that your casings are filled with uncooked meat, you are ready to put your bologna in the oven.

1 Preheat oven to 150°F or lowest setting on thermostat

2 Place bologna casings on oven racks

3 Bake bologna for 2 hours
4 Increase oven temperature to 175°F **after 2 hours.**

5 Bake bologna until internal temperature reaches 156°F

*Temperature can be measured accurately by inserting a meat thermometer through casing into the central core of the bologna.*

6 Rinse bologna in cool water until internal temperature reaches 150°F

*Interesting.*
7 Allow bologna to drip-dry for 30 minutes

8 Freeze all bologna that will not be immediately consumed.

How long will it last if frozen?

Enjoy your venison bologna!