



## Mike's E-Meal Newsletter

24 Jun 06

Smoked Stuffed "Fattie"  
Drop Buttermilk Biscuits  
White Sauce  
(Serves four)

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### Smoked Stuffed "Fattie"

*Now we're not talking about an illegal substance here but rather a 1-pound sausage roll stuffed with Colby cheese, diced jalapeños and diced red onion and then smoked to perfection. These make a great snack or side dish for a barbecue breakfast! (The smoked sausage would also be good for biscuits & gravy or stuffed jalapeños.) You could make your own bulk sausage but commercial sausage is readily available.*

- 1 (1-pound) roll bulk hot breakfast sausage (Jimmy Dean, Owens, etc.)
- 1 seeded and finely diced jalapeño chile (about 2 tablespoons)
- 2 tablespoons finely diced red onion
- 1/4 cup crumbled Colby or Jack cheese
- 1 strip cooked hickory-smoked bacon
- 1 to 2 tablespoons coarse-grain or Creole mustard
- 1 to 2 tablespoons pork rub (commercial or homemade, recipe follows)
- 3 cups hickory or Jack Daniel's oak chips, soaked in water for 1 hour

Combine the jalapeño, onion and cheese in a small bowl.

Carefully slice the sausage roll open (like a hot dog roll) and gently spread open. Lay the bacon strip in the sausage. Spoon the stuffing mixture into the roll and form the sausage back into a log. Lightly brush the sausage with mustard and liberally season with pork rub.

Tightly wrap the sausage log with food film and refrigerate at least 4 hours or overnight.

Prepare the smoker for a 225 degrees F. smoke. When the temperature is stabilized, add a couple of handfuls of drained wood chips to the coals. Place the sausage log on the cooking grate and smoke for 1 hour. Turn the sausage logs over and continue smoking for another 1 to 1 1/2 hours or to an internal temperature of 170 degrees F.

Remove the sausage from the smoker, wrap with heavy duty aluminum foil and allow the sausage to rest for at least 1 hour (or overnight) before slicing into 1/2-inch pieces. After slicing, the sausage could be pan-fried or served at room temperature on home-made biscuits.

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### Pork Rub

*A traditional pork rub that's good for pulled pork, pork roasts or chops.*

- 2 tablespoons freshly ground black pepper
- 2 tablespoons sweet paprika
- 1 tablespoon granulated sugar
- 1 tablespoon coarse kosher salt
- 1 teaspoon dry mustard
- 1 teaspoon ground cayenne

Combine the ingredients in a small mixing bowl.

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### Drop Buttermilk Biscuits

*I'm the first to admit baking is not my forté, it's too much of a chemistry experiment and too short on creativity. But this recipe is simple and makes for great biscuits.*

- 2 cups all purpose flour, unsifted
- 2 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1 tablespoon granulated sugar
- 1/3 cup shortening
- 1/4 cup buttermilk

In a large bowl, stir together the flour, baking powder, salt, baking soda and sugar until thoroughly blended. Cut the shortening into the flour mixture and mix until the mixture forms a fine crumble. Add the buttermilk and stir with a fork until the dough sticks together.

Preheat the oven to 425 degrees F.

Drop the batter by a heaping tablespoon into a lightly greased cast iron skillet and bake for about 20 minutes or until tops are golden brown.

Yields 8 to 10 biscuits

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### White Sauce

*Also known as Béchamel sauce, one of the classic “Mother Sauces” of French cuisine, this thick creamy sauce goes well with biscuits & gravy or as a sauce for roasted chicken. (Chef’s note: The original Béchamel sauce was made with a mirepoix, veal and ham trimmings, a poultry stock and cream.)*

2 tablespoons unsalted butter, divided  
1/4 cup finely diced yellow onion  
2 tablespoons all-purpose flour  
1 1/2 cups whole milk, scalded  
1/2 cup light cream, room temperature  
Coarse kosher salt  
Freshly ground white pepper  
Pinch of nutmeg

In a medium heavy saucepan, melt 1 tablespoon of the butter over low heat. Add the onion and cook until the onion softens, about 5 minutes. Add the second tablespoon of butter. When melted, add the flour mixing well with a wooden spoon.

Cook over low heat 3 to 4 minutes, stirring constantly to cook the flour. Add all of the scalded milk and whisk well. Simmer, stirring often, until the sauce thickens, about 3 to 4 minutes. Remove pan from heat and add the cream. Stir to incorporate.

Season to taste with salt, pepper and nutmeg. Strain the sauce through a fine-mesh strainer.

Yields about 2 cups

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## Mike's E-Meal Newsletter

### Cooking & Presentation



**Two Fatties, One Regular and One Hot, With Bacon Strip**

From The Kitchen Of Michael H. Stines, Ph.B.  
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## Mike's E-Meal Newsletter



**Stuffed With Cheese, Jalapeño and Red Onion**



**Seasoned With Pork Rub**

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## Mike's E-Meal Newsletter



**Wrapped With Food Film Ready To Rest Overnight**



**After Smoking At 225 Degrees For 1 Hour**

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## Mike's E-Meal Newsletter



**Smoked Fatties Out Of The Smoker  
(Note The Different Shrinkage)**



**Drop Buttermilk Biscuits**

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## Mike's E-Meal Newsletter



**Sliced Fattie Ready For Serving**

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