

Cheese Options for Summer Sausage

CHAT-0102 / REV EXPORT-03 / 2026.05.30

A conversation-specific public summary of cheese options for summer sausage, distilled from the supplied export. The detailed excerpts remain available in the released note file.

STATUS	RECOVERED / SPECIFIC NOTE
CLASSIFICATION	DAT
MATERIAL	CHAT EXPORT / FOOD & RECIPES
DISPOSITION	PUBLIC CONVERSATION EXCERPTS / REDACTED
CATEGORY	Food & Recipes
RECORD TYPE	recipe-thread

TECHNICAL NOTES

Conversation-specific knowledge extracted from the cheese options for summer sausage discussion.

A RECIPE TO MAKE / ADDED TO THIS RECORD

Includes a measured optional regular-cheddar version. Ordinary cheese may melt; maintain the 160°F ground-beef endpoint rather than lowering heat for cheese appearance.

Added 2026-09-15. Separate from the original notes; not a claim of a tested batch.

FIVE-POUND PEPPER-AND-MUSTARD SUMMER-STYLE SAUSAGE - COOKED AND REFRIGERATED

New spicy/optional-cheese adaptation of the existing cooked FOOD-017 alternative, supplied on incomplete related records. The authoritative temperature requirement applies to cooking; the flavor formula has not been tested by Robert.

YIELD	About 4 lb cooked sausage, approximately 20 snack portions
PREP / WAIT	25 minutes; chill after cooking for clean slicing
COOK	About 45-75 minutes at 325°F; every log must reach 160°F

RECIPE INGREDIENTS

- 5 lb cold 80/20 ground beef
- 1/2 cup ice water
- 30 g fine salt
- 2 tablespoons whole yellow mustard seed
- 2 teaspoons coarse black pepper
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon cayenne pepper
- Optional cheese version: 8 oz sharp cheddar, cut into 1/4-inch cubes and kept cold

RECIPE METHOD

1. Heat the oven to 325°F. Set an oven-safe rack over one or two rimmed pans; lightly oil the racks. Keep ground beef refrigerated until mixing.
2. Mix the water, salt and spices, then work into the beef until evenly distributed and slightly tacky. If using the measured cheese, fold it in last. Do not add curing salt.
3. Divide into 8-10 short skinless logs, each no more than 1 1/2 inches in diameter. Leave space between logs and pans for even heating. Put them directly into the preheated oven; do not hang them at room temperature.
4. Start measuring the centers after 45 minutes. Continue until each log reaches at least 160°F on a clean food thermometer; larger loads take longer. Ordinary cheddar may melt out, so do not lower the meat endpoint to preserve cheese cubes.
5. Put small portions in shallow containers and refrigerate at 40°F or below within 2 hours (1 hour if the surroundings exceed 90°F). Eat within 3-4 days or freeze; reheat leftovers to 165°F.
6. For cold slices, chill thoroughly in the refrigerator before cutting. This is cooked sausage for cold storage, not fermented or dry-cured summer sausage.

RECIPE NOTES & STORAGE

- This extends the already-complete FOOD-017 oven alternative with the recovered preference for mustard seeds, heat and no jalapeños. FOOD-017 itself is left untouched.
- Use this recipe only with the stated oven process. It does not validate the old 120-180°F stepped smoker schedule, a 152°F finish, or any Tender Quick rate from a recovered conversation.
- Optional regular cheddar adds pockets of cheese but is not high-temperature cheese; some melting is expected. The beef recipe works without it.

RECIPE BASIS & REFERENCES

Existing cooked five-pound sausage alternative

<https://u225x.com/record/FOOD-017>

USDA FSIS: Leftovers and Food Safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

USDA: Safe food handling and ground-meat endpoints

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe>

ORIGINAL RECORD / RETAINED NOTES

CONVERSATION / QUESTION AND CONTEXT

Im having a hard time finding high temp cheese locally and I wanted to do summer sausage today. Do i have any options besides high trmp

CONVERSATION / EXTRACTED GUIDANCE

1. 1 to 1.5 pounds sharp cheddar, cut into 1/4" cubes
2. Put the cheese in the freezer for 30-60 minutes before mixing
3. Mix it in last, after the meat is fully seasoned
4. Keep smoker temps at 170-180°F max
5. Pull the sausage at 152°F internal temperature [embedded media omitted]
6. High-temp cheese stays in neat little cubes.
7. Regular cheese softens and may smear a bit.
8. The flavor is often better with real sharp cheddar.

SPECIFICATION

SOURCE	Supplied ChatGPT export
CATEGORY	Food & Recipes
CONVERSATION	2 user turns / 2 assistant turns
ATTACHMENTS	2 references detected
PUBLIC DETAIL	Extracted knowledge + excerpts

DEVELOPMENT HISTORY

2026.05.30 / EXPORT-04

Matched to the supplied export; key guidance is surfaced separately and the raw transcript remains unpublished.

RELEASED MATERIAL / SOURCE LINKS

CHAT-0102-public-note.txt

PUBLIC-SAFE CONVERSATION NOTE / UNIQUE FILE

<https://u225x.com/downloads/chat-records/CHAT-0102-public-note.txt>

RETURN TO THE LIVING RECORD

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This PDF preserves the public notes at this revision. Visit the record for updates and attached images.

<https://u225x.com/record/CHAT-0102>