Thai Glass Noodle Sausage
(Sai Grök Wŏo Sèn)

Each province, large city, or rural area in Thailand seems to have its own sai grök (sausage) formulation. This sausage is endemic to the western-central region, which includes the provinces of Nakhon Sawan and Chainat (my wife’s home province). It is often sold at the local markets held weekly at Buddhist temples. Glass-noodles, rice and starch help keep the juices inside, and fish sauce provides the salt in this garlicky-sweet (and very regional) sausage.

Ingredients:

- 1 kg Pork Shoulder, untrimmed
- 100 g Cooked Jasmine Rice, chilled
- 100 g Steamed Sticky Rice, chilled (see Thai Issan Sausage)
- ¼ cup Thai Fish Sauce
- 2 Tbs. Oyster Sauce
- ¼ cup Garlic paste
- 4 tsp. Palm Sugar (or Light Brown)
- 1½ tsp. White Pepper
- 1 tsp. MSG
- 2 Tbs. Tapioca Starch or Potato Starch
- 40 g Bean Thread Glass Noodles, extra fine (dry weight) [1½ oz]
- 6 ft. 1½ ” Diameter natural pork sausage casings

Preparation:

1. Cut the pork into ¾-inch cubes. Chill to a semi-frozen state. Grind through a ¼” plate.
2. Combine the ground pork with fish sauce, oyster sauce, garlic paste, palm sugar, white pepper, MSG, and starch. Mix well, and then marinate 1-hour in the refrigerator, or until ready to stuff and cook.
3. Boil water, and then cover the glass noodles in a small bowl. Soak for 3-minutes, then drain and cool. Cut the noodles into 1-inch sections. Pulse the rice 4 or 5 times in a processor.
4. Just prior to stuffing, mix the broken rice and cut glass noodles into the meat. Stuff into natural pork casings and tie off into links about 5- to 6-inches long. Cook within a few hours or freeze (the rice can sour at this point if left overnight, even in the fridge – which Thais often enjoy, but is not the style of this sausage).
5. To cook, slow-barbeque at least 6-inches above low-heat flameless coals, until caramelized and smoky on the outside, and meat is fully cooked inside (it should take about 20-minutes if the heat is right).

To serve, slice the cooked sausages diagonally into ½- to ¾-inch sections. Traditional accompaniments include whole red and green Thai bird chilies, fresh cabbage or lettuce leaves, sliced fresh cucumber, and almost invariably either beer or whiskey. I hope you enjoy this popular western central Thai sausage. Chai-yo!