



SCHMIDT'S RESTAURANT UND SAUSAGE HAUS

240 E. KOSSUTH ST. · GERMAN VILLAGE, OHIO · 43206

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THANK YOU FOR YOUR ORDER.

The **Bahama Mama** a creation from our German meat packing family who possess over 120 years of sausage making experience. The Bahama Mama is a fully cooked natural hickory smoked sausage made from specially selected lean cuts of beef and pork, blended with our secret spice pack formulation. The Bahama is a natural casing old world product. The spice level is moderate so as not to hide the flavor of the quality cuts of beef and pork used.

Knockwurst: Another tasty creation from the Schmidt's Packing Company's German recipe book! Our knockers are made from the same select cuts of beef and pork as the Bahama Mama. This is an old world natural casing sausage with the perfect blend of special seasoning and a hint of garlic. A favorite of the Boss!

Bratwurst: A staple from the Schmidt's Packing Company. This 130 year old recipe is made with fresh cuts of pork, light seasonings, and stuffed in an Old World natural casing. The first bratwurst in the city of Columbus and a Schmidt family favorite!

HISTORY OF SCHMIDT'S:

Schmidt's began as a meat packing plant in the late 1800's when the family immigrated to Columbus, Ohio from Montbauer, Germany. The packing plant enjoyed great success for several years. In the mid 1960's Schmidt's evolved from a packing house with a sit down lunch counter into the full service restaurant that it is today. In addition to the restaurant, Schmidt's offers a beautiful banquet and meeting room space above the restaurant, professional food concessions at over 70 fairs and festivals throughout Central Ohio and beyond as well as an off-premises catering department. Through it all, five generations of Schmidt family members have been at the helm bringing you quality, handcrafted, gourmet German American specialties

INGREDIENTS:

Bahama Mama: Pork, Beef, Water, Non-Fat Dried Milk, Salt, Sugar, Sodium Nitrite, Spice, Sodium Lactate, Mustard Seed, Sodium Diacetate.

Knockwurst: Pork, Beef, Water, Salt, Modified Corn Starch, Flavorings, Sodium Crythorbated, Sodium Nitrite.

Bratwurst: Pork, Salt, White Pepper, Sugar

COOKING INSTRUCTIONS:

The Bahama Mama and Knockwurst is a fully cooked sausage, DO NOT OVER COOK! The Bratwurst is a fresh, raw product, cook to 160°.

Pan fry: Place links in a frying pan on medium heat, turn links until both sides are brown and the casing is just beginning to split. (Internal temperature should be 150°, 160° for brawurst)

Broil: Place links on a broiler pan on middle rack of oven. Broil turning frequently until both sides are browned and the casing is just beginning to split. (Internal temperature should be 150°, 160° for brawurst)

Outdoor Grill: Use low heat for gas grills, or grill indirect for charcoal grills. Cook until both sides are browned and the casing is just beginning to split. (Internal temperature should be 150°, 160° for brawurst)

Bahamas / Knockwurst are frozen at time of manufacture and are good for up to 1 year.

RE-FREEZING:

Our smoked sausages may be re-frozen into smaller increments for your convenience. Simply place sausages in an air tight freezer bag and store in freezer for up to 3 months. DO NOT refreeze open brats!

Nutrition Facts:

Knockwurst sausage

Serving size: 1 link (151g)

Amount per serving		%DV
Calories	430	
Calories from fat	350	
Total Fat	39g	60%
Sat Fat	13g	65%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	1085mg	45%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	
Sugars	1g	
Protein	17g	

Vitamin A 6% Vitamin C 2%
 Calcium 4% Iron 6%

Nutrition Facts:

Bahama smoked sausage

Serving size: 1 link (140g)

Amount per serving		%DV
Calories	400	
Calories from fat	320	
Total Fat	35g	54%
Sat Fat	13g	65%
Trans Fat	0g	
Cholesterol	80mg	26%
Sodium	1400mg	58%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	
Sugars	1g	
Protein	17g	

Vitamin A 4% Vitamin C 2%
 Calcium 2% Iron 4%

Nutrition Facts:

Bratwurst

Serving size: 1 link (149g)

Amount per serving		%DV
Calories	420	
Calories from fat	320	
Total Fat	36g	55%
Sat Fat	13g	65%
Trans Fat	0g	
Cholesterol	100mg	33%
Sodium	1140mg	48%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	
Sugars	0g	
Protein	23g	

Vitamin A 6% Vitamin C 2%
 Calcium 4% Iron 8%

RECIPES:

CHILI MAMA - Place Bahama Mama on your favorite sandwich roll or buns and smother with chili, cheese and onions. Terrific!

BAHAMA MUFFIN - Top an English Muffin with sliced Bahama Mamas and your favorite cheese. Broil until bubbly and enjoy!

BAHAMA KABOBS - Alternate chunks of Bahama Mama with onion slices, peppers and mushrooms. An easy and delicious meal.

BAHAMA BBQ - Place bite-sized pieces of Bahama Mamas in a chaffing dish, add BBQ sauce or sweet-n-sour sauce, heat and serve.

Spaghetti - Add bite-sized pieces of Bahama Mamas to your favorite spaghetti sauce recipe. Magnifico!