



# 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!

## 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, Paprika, Sugar, Mustard, Sodium Nitrite.

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

## COOKING INSTRUCTIONS:

The Bahama Mama and Knockwurst is a fully cooked sausage, DO NOT OVER COOK!

**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 degrees)

**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 degrees)

**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 degrees)

### 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	67%
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:

Knockwurst sausage

Serving size: 1 link (151g)

Amount per serving		%DV
Calories	430	
Calories from fat	350	
Total Fat	39g	60%
Sat Fat	13g	67%
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%