

Irish Bangers - Another Version

U.S.	Ingredient	Metric	Percent
3¾ lb	Pork	1625.0 g	66.0
1 lb.	Pork fat/belly	454.0 g	28.0
2 cups	Rusk*	70.0 g	4.3
1½ tsp.	Allspice	3.0 g	0.2
2½ tsp.	Salt	19.0 g	1.0
2 tsp.	Pepper, white	4.5 g	0.25
1½ tsp.	Ginger	3.0 g	0.18
1 Tbs.	Sage	2.0 g	0.12
1 tsp.	Mace	1.7 g	0.06
½ tsp.	Nutmeg	1.0 g	0.04
1 cup	Water, ice		
	35-38 mm hog casings		



4¾ lb. ← Totals → 2.0 Kg

This formulation is based on metric measures; U.S. measures are approximate!

* NOTE: The recipe calls for rusk. If that is not available, acceptable substitutes are ground unflavored stuffing croutons, ground zwieback toast, fresh white breadcrumbs allowed to dry or panko.

Method :

1. Grind the meat and fat through a fine plate.
2. Add the salt to the ground meat and mix it in well.
3. Refrigerate meat for several hours to allow the salt to extract proteins.
4. When the meat is very cold, add the remaining ingredients, mixing well again
5. Stuff into 35 mm hog casings and tie off into 4 inch links.
6. Fry or grill to serve.

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