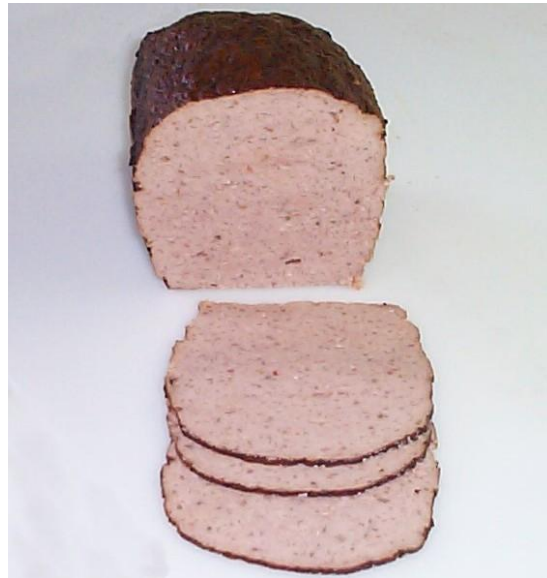


Bavarian Leberkäse – Bavarian Meat Loaf

| U.S. | Ingredient | Metric | Percent |
|----------------|--------------------|-------------|--------------|
| 2½ lb. | Pork shoulder | 1000.0 g | 50.97 |
| 2 | Onion, medium | 375.0 g | 19.11 |
| ¾ lb. | Bacon | 375.0 g | 19.11 |
| 3 | Eggs, large | 150.0 g | 7.65 |
| 4 tsp. | Salt | 29.0 g | 1.48 |
| 1 tsp. | MSG (optional) | 4.5 g | 0.23 |
| 1 tsp. | AmesPhos(optional) | 3.8 g | 0.19 |
| ½ tsp. | Cure# 1 | 2.8 g | 0.14 |
| 1 tsp. | White pepper | 2.5 g | 0.13 |
| 1½ tsp. | Marjoram | 2.2 g | 0.11 |
| 1 tsp. | Nutmeg | 2.2 g | 0.11 |
| ¾ tsp. | Clove | 1.5 g | 0.08 |
| ½ tsp. | Garlic | 1.5 g | 0.08 |
| 4.5 lb. | ← Totals → | 2 Kg | 100 % |



Note: Bavarian leberkäse contains no liver; however, in other parts of Germany liver is added. If you wish to add liver, then reduce the pork shoulder by 50% and make up the difference with calves liver. Note: I use metric weight & volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurements.



Ready for steaming

After 90 minutes of steaming.

After 15 minutes of baking

Method:

1. Chill and partially freeze the pork and bacon.
2. Grind through a large (22.52mm) plate; then regrind through a medium plate.
3. Grind the raw onion through the medium plate also.
4. Reserve the 3 eggs, grind salt, remaining spices, etc in a spice grinder or coffee mill. Add the ground mixture to the onions and mix well.
5. Add the onion mixture to the ground meats and grind everything twice through a fine grinder plate. Divide the mixture into three portions.
6. Add one portion at a time to the food processor along with one egg and emulsify for two minutes; transfer mixture to a buttered loaf pan. Continue until all three portions are emulsified.
7. Place loaf pan in a steamer set-up and cook for 90 min.
8. Remove loaf pan and place on a rack in the oven and cook 15 min. at 250°C (460°F) until nicely browned on the surface.

Len Poli – Sonoma Mountain Sausage - Sonoma, California

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<http://home.pacbell.net/lpoli>