

ITALIAN BEEF AND GARLIC SAUSAGE (FRESH)

Formulation by: Frank English- Rapid City, South Dakota

U.S.	Ingredient	Metric	Percent
5 lbs.	Beef, chuck	2268.0 g	66.0
3 cups	Breadcrumbs—unseasoned	360.0 g	16.0
2 cups	Ground parmesan cheese	200.0 g	8.8
3	Raw eggs	130.0 g	5.7
10 cloves	Garlic, fresh & minced	50.0 g	2.0
¾ tsp.	Salt (non-iodized)	16.0 g	0.7
¼ cup	Parsley, chopped	10.0 g	0.4
½ tsp.	Pepper, black	1.2 g	0.1
	32 mm hog casings		
6 lb.	← Totals →	3.0 Kg	33.70



Method:

Chill the meat to 40°F and grind through a 3/8-inch plate. Mix well and stuff into hog casings linking them every 6 inches. (If mixture is too thick, thin with a bit of bottled water). Freeze if you aren't going to use them within 3 days. Otherwise, fry until internal temperature reaches 165 degrees. These are tasty when eaten in a warm hotdog bun with marinara sauce and mozzarella cheese.

This recipe is our all time favorite.

Frank



Len Poli - Sonoma, California

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