

Birolido (Called Sanguinaccio in Tuscany)

U.S.	Ingredient	Metric	Percent
3 lb.	Pork trimmings (65/35)	1350.0 g	39.00
2 cups	Pork blood, fresh*	1250.0 ml	36.00
1 lb.	Pork skin	454.0 g	13.13
1 cup	Sultana raisins	175.0 g	5.00
1 cup	Pine nuts, whole	120.0 g	3.50
2½ Tbs.	Salt	54.0 g	1.60
3 Tbs.	Sugar	40.0 g	1.16
½ tsp.	Cure #1	5.0 g	0.15
1½ tsp.	Garlic powder	5.0 g	0.15
1 tsp.	Nutmeg, ground	1.7 g	0.05
¾ tsp.	Anise, ground	1.5 g	0.04
½ tsp.	Cinnamon	1.0 g	0.03
¾ tsp.	Cloves, ground	0.8 g	0.02
½ tsp.	Marjoram, ground	0.2 g	0.01
	Beef rounds casings		
7.0 lb.	← Totals →	3.5 Kg	100%



*** Note: begin with 5-6 cups of raw, fresh blood. Immediately upon draining from pig, stir rapidly with a stick to aerate and then remove the coagulants. Filter through cheese cloth and add 1 tablespoon of vinegar and ½ teaspoon of salt to help preserve the blood. You should have about 3 cups of prepared blood. refrigerate immediately.**

Note: Use metric weight and volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurements.

See the TIPS page on my website: [Preparing Fresh Pork Blood](#)

Method:

1. Cut the pork skin into strips and add them to boiling water; cook for 45 minutes, rinse in cold water and chill to slightly above freezing.
2. Chill the pork trimmings (65% meat:35% fat) to slightly above freezing, and then grind the meat, skin and fat through the ¼" or 6.5mm grinder plate. Re-grind them a second time.
3. Add the cure, salt, and spices to ground meats and mix well until the paste is very sticky; refrigerate for 2 hours.
4. Stir in the fresh pig's blood, raisins and pine nuts, mixing well.
5. Stuff into beef rounds, cut in 16-inch lengths and tie into a ring.
6. Poach birolido in 170°F water to an internal temperature of 155°F (about 1 hour).
7. Chill rapidly in cold water, drain and then allow the casing to dry at room temperature.
8. When the birolido is cold, it may be dipped in boiling water for 2 minutes to shrink the casings tightly around the meat. May be eaten as prepared, or fried in butter or grilled.

Note: Birolido should be consumed within 8-10 days. The story goes that birolido was first formulated in Siena in the 700's for German mercenary soldiers employed by a prince.

Len Poli – Sonoma Mountain Sausage, California

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