

Blut-Zungenwurst (Blood Tongue Sausage)

U.S.	Ingredient
3 lb.	Beef or Bison Tongues (finished wt.)
1.2lb.	Cubed, scalded pork backfat
1.9lb.	Beef blood, frozen (3x10 oz.)
3 lb.	Pork shoulder
4 Tbs.	Kosher salt
1 1/2 tsp.	Cure #1
6 tsp.	Dextrose
2 tsp.	Pepper, white
1 tsp.	Marjoram
1/2 tsp.	Mace
3 tsp.	Onion powder
1/2 tsp.	Thyme
2 tsp.	Coriander
1 tsp.	Ginger, ground
2 Tbs.	Bloom gelatin* or: 2 pkg Knox gelatin
1/2 tsp.	Sodium erythrobate*, optional
6 tsp.	Phosphates* (AmesPhos), optional
2 tsp.	MSG, optional

* Bloom gelatin, phosphates, sodium erythrobate available from <http://www.butcher-packer.com/>

Pre-work:

1. Cook 3-4 beef or bison tongues in 194° F water that is somewhat salted for 2 to 3 hours. (You may add 1 tsp cure #1 to make the tongues pinker in color when cooled). Then, while still warm, peel skins off and remove gristle, fat and any bony pieces. Cut tongues into irregular chunks to your liking. I try to keep the chunks 1-2" by up to 3" long.
2. Cube backfat into uniform 1/2" to 3/4" pieces. Then blanch in 194°-203° F water for 5 mins. This will prevent blood from discoloring the fat.
3. Thoroughly chill tongue chunks and fat cubes before proceeding.

Method:

1. Partially freeze pork shoulder and grind it with the finest plate.
2. Thoroughly mix all spices, cure and partially thawed beef blood with the ground pork shoulder. Try to keep beef blood as cold as possible when mixing. Emulsify ground



pork shoulder mixture in food processor. You may need to do this in several batches, depending on the size of your food processor.

3. Mix the emulsion mixture with the fat cubes and tongue chunks.
4. Stuff into large diameter synthetic or collagen casing. I like to use 5-6" diameter. It would be best to use waterproof casings, but they are almost impossible to obtain in the US. Therefore, after stuffing, use your seal-a-meal vacuum processor to seal the stuffed casings in boilable sealed bags.
5. Poach sealed sausages in 160°-170° F water until internal temperature reaches 152° F, about 90 minutes.

Notes:

1. Fresh beef blood is all but impossible to find in the US. However, many larger oriental food stores still carry this product in either their fresh or frozen food department. Ask for "Dugo Ng Baka". They are usually packaged in 10 or 11 ounce clear plastic tubs. You can use either pork or beef blood. Pork will produce a lighter color sausage. Both will have an anticoagulant added which prevents clotting. If you can obtain fresh blood, all the better, but I have found the frozen blood to be a good substitute.

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