

Sweet Lebanon Bologna

U.S.	Ingredient	Metric	Percent
5 lb.	Beef very lean, defatted	2268.0 g	
1¼ cups	Dark Brown Sugar	226.8 g	10.00 %
5½ tsp.	Salt*	40.3 g	1.78 %
3½ tsp.	Dextrose	31.5 g	1.39 %
2 Tbs.	Liquid Smoke [see note]	30.0 ml	1.32 %
4 tsp.	Mustard (Ground)	9.2 g	0.41 %
4 tsp.	Black Pepper, fine	8.4 g	0.37 %
1 tsp.	Cure #1*	5.8 g	0.26 %
1 tsp.	Ginger	1.8 g	0.08 %
1 tsp.	Mace	1.7 g	0.07 %
1/2 tsp	Cinnamon	1.1 g	0.05 %
1/2 tsp	Cloves	1.0 g	0.04 %
1/4 tsp.	F-RM-52 Culture	0.25 g	0.01 %
5¾ lb.	← Totals →	2.6 K g	



* Total salt concentration is 2.0% when you consider the weight of added salt PLUS the amount of salt in Cure #1

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

Methodology:

Note: Liquid Smoke: Use 1 to 4 tablespoons; this is optional-Taste the raw meat paste and add Liquid Smoke as your taste sees fit..

1. Partially freeze the meat and grind through a 3/16" plate.
2. Mix the starter culture in ¼-cup of water.
3. Add the salt, sugars, and spices and mix thoroughly. Then add the starter culture and water and again mix thoroughly.
4. Allow to rest in the refrigerator 24 hours.
5. Stuff into beef middles, collagen casings, fibrous casings [or lamb casings, if you want to make a beef stick style].
6. Ferment at 85°F for 48 hours.
7. Cold smoke the sausage at less than 90°F to obtain a nice dark brown color. This product should be heavily smoked. You could also hang the sausages in a cool place (60-65°F) and paint on liquid smoke to simulate a cold smoked product.
8. Hang in the refrigerator a few days to allow some internal moisture to diffuse out and allow the casings to completely dry.

Note: this sausage uses F-RM-52 culture which ferments only dextrose. The culture is available from [Butcher-Packer](#). The added sucrose (brown sugar) will not be metabolized. This produces the characteristic sweet flavor. Natural casings result in a product that is a bit drier than commercial Sweet Lebanon Bologna. This is how it was produced 75-100 years ago. Fibrous casings or plastic casings produce a moister product, but the meat shrinks away from fibrous casings resulting in an inferior-looking product.

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