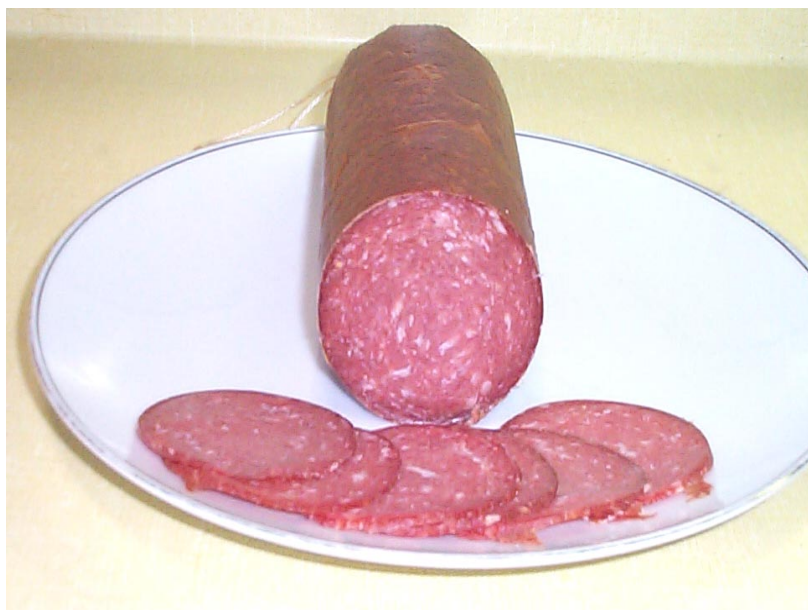


## Lebanon-Style Country Bologna

| U.S.     | Ingredient             | Metric   |
|----------|------------------------|----------|
| 5 lb.    | Beef, very lean        | 2270.0 g |
| 5 tsp.   | Salt                   | 35.0 g   |
| 2 Tbs.   | Sugar, brown           | 25.0 g   |
| 1 Tbs.   | Mustard, ground        | 11.0 g   |
| 1 tsp.   | Cure #2                | 6.0 g    |
| 1 ½ tsp. | Phosphate              | 6.0 g    |
| 1 tsp.   | Pepper, white          | 2.8 g    |
| ½ tsp.   | Ginger, ground         | 1.9 g    |
| ½ tsp.   | Mace, ground           | 1.9 g    |
| 1/8 tsp. | Lactic starter culture | 0.2 g    |
| 5 ¼ lb.  | ←Totals →              | 2.4 Kg   |

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



### Method:

1. Trim the meat to approximately 90% lean and of all sinew, silver skin and cartilage.
2. Chill the beef and grind through a ½ inch plate then and mix in both the salt and cure.
3. Hold for 4 days at 34°F, draining off any liquid that forms, then re-grind through a ¼ inch plate.
4. Mix the meat paste with the sugar, phosphate, spices; then add the starter culture, which is dissolved in about 2 tablespoons of distilled water + pinch of glucose.
5. Stuff into 3 inch diameter fibrous casings and record the weight of the bologna.
6. Incubate for 24 hours @ 85°F and 80% RH.
7. Allow to cool to 58°F and hold for 3-5 days or until moisture is reduced and bologna has lost 30% of its green weight (see #5, above).
8. Cold smoke at 85-90°F for a 48-hour period.
9. Refrigerate for several hours before slicing and eating.

Note: I smoked with a combination of hickory and oak in a metal smoker cabinet. The sausage is processed traditionally in outdoor wooden smokehouses using a wood fire inside the house and a metal baffle plate to direct the heat.

**Len Poli/Glenn Shapley– Sonoma, California**  
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