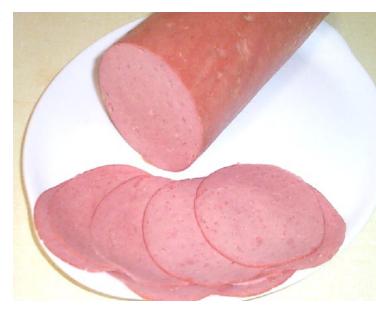
## Len's Bologna

U.S.	Ingredient	Metric	Percent
3 lb.	Beef, lean	1400.0 g	50.60
2 lb.	Pork shoulder	900.0 g	32.50
¹⁄₄ lb.	Liver*	100.0 g	3.60
1¼ cup	NFD Milk	100.0 g	3.60
5 tsp.	Salt	35.0 g	1.23
3 tsp.	Phosphate	12.5 g	0.45
1 tsp.	Cure#1	7.0 g	0.25
3 tsp.	Paprika	6.4 g	0.23
1¼ tsp.	MSG	6.0 g	0.22
2 tsp.	Onion powder	6.0 g	0.22
2 tsp.	Pepper, white, ground	5.0 g	0.18
$1 \frac{1}{2} \text{ tsp.}$	Garlic powder	4.5 g	0.16
1 tsp.	Mustard seed, ground	3.3 g	0.12
1½ tsp.	Coriander seed, ground	3.0 g	0.11
¹⁄₄ tsp.	Sodium erythorbate	$2.0 \mathrm{g}$	0.07
1 tsp.	Nutmeg, ground	1.3 g	0.05
3/4 cup	Water	175.0 ml	6.30
100mm Callagan assing			



100mm Collagen casing

6 lb.  $\leftarrow$  Totals  $\rightarrow$ 2.75 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. Grind chilled meats through a 3/16-inch plate.
- 2. Sprinkle ingredients over meat, mix well, re-chill and regrind through 1/8' plate.
- 3. Emulsify in food processor to a smooth paste.
- 4. Stuff into 100mm diameter artificial casing.
- 5. Hang bologna in a 190°F smokehouse until internal temperature reaches 160°F.
- 6. Remove sausage from smokehouse and immediately place in cold water until the internal temperature is 100°F.
- 7. Hang sausage at room temperature until surface is dry and then refrigerate.



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<sup>\*</sup>Optional: If you prefer not to use liver, replace it with bacon.