

Shellfish Boudin Sausage

U.S.	Ingredient	Metric	Percent
5 lb.	Shellfish Mix*	1150.0 g	50.00
4½ cups	Rice, (short grain) cooked	650.0 g	28.30
¾ cup	Cream	175.0 ml	7.5
¾ cup	Onion (red), minced	130.0 g	5.7
½ cup	Egg whites (or egg substitute)	70.0 ml	3.00
¼ cup	Brandy or Cognac	50.0 ml	2.00
5 tsp.	Salt	36.0 g	1.60
3 tsp.	Sausage phosphate [Optional]	12.0 g	0.50
3 Tbs.	Parsley, fresh, chopped	10.0 g	0.41
1 Tbs.	Old Bay Seasoning	9.0 g	0.40
1 tsp.	Chipotle powder	2.5 g	0.10
1 tsp.	Cayenne	2.0 g	0.09
½ tsp.	Pepper, white, ground	1.5 g	0.07
5 lb.	← Totals →	2.3 Kg	100%



This formulation is based on metric measures; U.S. measures are approximate!

**Shellfish mix: Your choice of any one or a combination of--Crayfish, Shrimp, Crab, Scallops, Lobster, Etc.*

Preparation:

1. In a food processor, combine all the ingredients except the rice and the parsley.
2. Process to a smooth paste.
3. Scoop out the mixture into a large mixing bowl and fold in the rice and parsley.
4. Stuff the boudin mixture into 32 mm casings and tie off into 5-inch links.
5. Place boudin in warm water and slowly bring the temperature to a maximum of 180°F and poach them for 5 minutes or until they float in the water.
6. To serve, brown slightly in butter for several minutes.

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