

## Boudins Blanc de Paris

U.S.	Ingredient	Metric	Percent
1¼ lb.	Pork, Fresh ham	565.0 g	24.59
1 lb.	Chicken white meat	454.0 g	19.76
1 lb.	Onion	454.0 g	19.76
1 lb.	Pork, fat back	454.0 g	19.76
1 cup	Rice, cooked	160.0 g	6.94
½ cup	Cream	60.0 ml	2.61
¼ cup	White vermouth	50.0 ml	2.18
½ cup	Milk powder	35.0 g	1.52
4 tsp.	Salt	29.0 g	1.26
8 tsp.	Egg white powder	18.0 g	0.78
2 tsp.	AmesPhos	8.0 g	0.35
1½ tsp.	Quatre-épices	4.0 g	0.17
1½ tsp.	Pepper, white	3.5 g	0.15
1 tsp.	Tarragon	3.0 g	0.13
	35mm hog casings		

5 lb. ← Totals → 2.3 Kg 100%

Before Poaching



After Poaching

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

### Method:

1. Grind meats, fat and onions through the medium, then fine plates.
2. Add the rice and cream to a food processor and pulse, two or three times.
3. Add the remaining ingredients to the meat paste and mix in well.
4. Add the meat paste to the contents of the food processor and process until everything is well amalgamated.
5. Stuff the paste loosely into 38mm hog casings and double-tie off each link (about 6 inches long).
6. Poach sausages in water for about 20 minutes; cool rapidly in ice water. Dry sausages and refrigerate.
7. To serve, brown sausages in butter.

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