

Cotechino Verde – Green Cotechino Sausage

U.S.	Ingredient	Metric	Percent
4 lb.	Pork	1815.0 g	80.00
1 lb	Pork rind 25%	454.0 g	20.00
2 cups	Chard, cooked, squeezed dry	250.0 g	11.00
¾ cup	Onion, cooked, chopped	150.0 g	6.60
½ cup	Hazelnut liquor*	100.0 ml	4.40
4 tsp.	Salt	30.0 g	1.30
6 Tbs.	Parmesan Cheese, grated	36.0 g	1.60
3 cloves	Garlic, raw, minced	10.0 g	0.44
1 tsp.	Cure #1	5.7 g	0.25
1 tsp.	Sugar, table	4.6 g	0.20
2 tsp.	Pepper, black, ground	4.2 g	0.18
¾ tsp.	Sage, dry, ground	1.6 g	0.07
½ tsp.	Nutmeg, ground	1.0 g	0.04
½ tsp.	Marjoram, ground	0.6 g	0.03
⅛ tsp.	Cinnamon, ground	0.2 g	0.01
¼ cup	½ butter - ½ olive oil	50.0 ml	2.20

Casings: Beef middles or beef rounds

6 lb. ← Totals → **2.9 Kg**



* Use Fra Angelico; or if you want a non-alcoholic version use Torani Hazelnut Syrup

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

Method:

1. Cut the pork meat into small cubes and partially freeze, and then grind through a small (1/4" or 6.5mm) plate.
2. Cook the pork skin in boiling water for 45- minutes, drain and cut into small squares; freeze the skin before grinding it twice through a fine (3/16" or 4.5mm) plate.
3. Heat a skillet and add the butter and olive oil; add the onions and garlic and cook until the onions are fairly wilted but not brown.
4. Stir in the raw chard (chopped) and mix with the onions and then remove from the heat; set aside to let cool.
5. Grind the chard-garlic-onion mixture through a small (1/4" or 6.5mm) plate.
6. Mix all the ingredients together in the mixer set on low speed for 5 minutes.
7. Stuff into casings and link off into 9-inch (23cm) sausages.
8. Gently simmer [do not boil] over low heat for about 1 hour; slice thickly and serve with polenta or risotto.

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