

French Country Sausage - Saucisse Bretonne

U.S.	Ingredient	Metric
5 lb.	Pork shoulder	2270.0 g
7 tsp.	Salt	35.0 g
2 tsp.	Pepper, white, ground	5.0 g
1 tsp.	Quatre-épices*	2.5 g
1 tsp.	Nutmeg, ground	2.5 g
1 Tbs.	Tarragon, fresh	6.0 g
2 Tbs.	Parsley, fresh	11.0 g
2 Tbs.	Chives, fresh	10.0 g
	Medium hog casing	
5 lb.	← Totals →	2.4 Kg



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

* "French spice" = 7 parts white pepper;
1 part each of cinnamon, cloves and
nutmeg

Preparation:

1. Cut the meat and fat into small chunks and partially freeze.
2. Grind the pork using a disk with ¼" (6.5 mm) diameter holes.
3. Combine fresh parsley, tarragon and chives and chop (not too coarsely)
4. Combine the meat with the salt, herbs and all remaining ingredients, mixing well.
5. Stuff the casing with the meat paste and tie off the filled casing to make 5" long sausages.
6. Air-dry the sausages at cool room temperature for a couple of hours, then place in the refrigerator.
7. Use within a 4 days or vacuum pack (or wrap tightly) and freeze.

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