

Fuet Extra

Fuet (which means "whip" in Catalunya) is a long, slender all-pork sausage originating in Spanish Catalonia (English) or Cataluña (Spanish) or Catalunya (Catalan). It is a fully cured salami-like sausage that originated in the Pyrenees mountain towns.

U.S.	Ingredient	Metric	Percent
4½ lb.	Pork, lean	1975.0 g	85.0
⅔ lb.	Pork jowl (or pork belly)	296.0 g	15.0
¾ cup	Nonfat dry milk	70.0 g	3.0
2 Tbs.	Salt	45.0 g	2.0
1 tsp.	Glucose	9.0 g	0.4
1 Tbs.	Ascorbic acid	7.0 g	0.3
¾ tsp.	Garlic, Granulated	3.5 g	0.15
1¼ tsp.	Pepper, black, ground	3.5 g	0.15
1 tsp.	Cure #2	5.6 g	0.24
¼ tsp.	Bactoferm TSP-X	1.0 g	0.04

42+ mm Hog Casings

5 lb. ← Totals → 2.25 g



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

Directions

1. Separate the jowl and pork meat.
2. Cut the pork meat and jowls into 2-inch cubes.
3. Keep meat and jowls separated and freeze them.
4. Grind meats through a 6.5mm. plate.
5. Combine the meats and add all ingredients.
6. Using a sausage mixer, mix meats slowly and thoroughly for about 5 minutes .
(this will make the meat very stick; be careful not to overheat the meat.)
7. Stuff into 42+ mm hog casings and tie off into 15-inch lengths.
8. Incubate at 65°F for 24 hours.
9. Dry and age at 55°F at RH of about 65%.
(A white mold will grow on the fuet; this is desirable and contributes to the flavoring.)
10. Fuet will be ready when they have lost about 25-30% of their weight...in about 3 weeks.



Len Poli – <http://lpoli.50webs.com>

Copyright © September, 2017. (All rights reserved)

Sonoma Mountain Sausage Company - Santa Rosa, California

