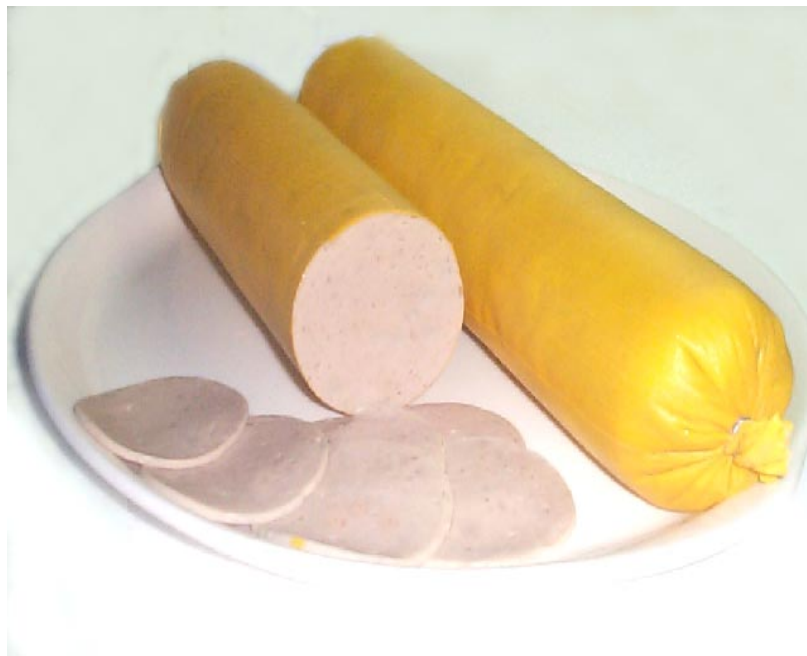


Gelbwurst – A low salt, nitrite-free variety of a German bologna

U.S.	Ingredient	Metric	Percent
3 lb.	Pork (15% fat)	1375.0 g	50.35
2 lb.	Veal (<5% fat)	900.0 g	32.95
½ pint	Heavy cream	236.0 ml	8.64
2/3 cup	NF dry milk	46.0 g	1.68
1 Tbs.	Salt	22.0 g	0.80
1 Tbs.	Phosphate	12.5 g	0.46
1 tsp.	MSG	6.0 g	0.22
2 tsp.	Pepper, white	5.0 g	0.18
1 Tbs.	Onion powder	4.2 g	0.15
1 tsp.	Ginger	2.0 g	0.07
1tsp.	Nutmeg	2.0 g	0.07
¼ tsp.	Sodium erythorbate	1.3 g	0.05
¼ tsp.	Lemon extract	1.0 ml	0.04
2	Eggs, large size	118.0 g	4.32
	Artificial, waterproof casing		
6 lb.	←Totals →	2.7 Kg.	100%



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

Gelbwurst

Preparation:

1. Place all dry ingredients in a spice grinder and pulverize to a fine powder.
2. Add dry ingredients, cream, lemon extract and eggs in a mixing bowl and mix well; set aside in the refrigerator while preparing the meats
3. Cube and chill the meats to partial freezing and grind through fine plate. Repeat two more times.
4. Place the meats into a food processor and emulsify. [You may need to do this in several batches - See my “Tips” files for notes on [emulsions](#).]
5. When the meats are emulsified, add the wet ingredient and process for a few more minutes... you’re looking for a light, frothy texture!
6. Chill the meat paste in the refrigerator for 1-hour while you prepare the casings. Note: Stuff into “waterproof” casings specialized for poaching sausages in liquid.
7. Stuff the paste into the casing and clip the end to form a 10-inch (25 cm) long roll. Note: The traditional casing is a yellow 2½-inch (65mm) artificial casing, tied off into 16.5 cm (6½-inch) lengths.
8. Poach in 180°F (82°C) water to and internal temperature of 160°F (71°C)...about 30 minutes with the suggested casing size.

Variation:

Gelbwurst mit Petersilie...mix in 2 tablespoons (6 or 7 grams) chopped fresh parsley after step 5.

Len Poli/Glenn Shapley – Sonoma, California

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