

Ham Roll Luncheon Meat

U.S.	Ingredient	Metric	Percent
4lb.	Pork butt (80/20)	1815.0 g	65.0
1 lb.	Ham with fat, cooked*	454.0 g	16.3
1½ cups	Ice water	375.0 g	13.5
½ cup	Soy protein isolate	50.0 g	1.8
5 tsp.	Salt	37.0 g	1.3
2 Tbs.	Onion powder	18.0 g	0.7
3½ tsp.	Phosphate	12.5 g	0.5
1 tsp.	Cure #1	6.0 g	0.2
1 Tbs.	Garlic powder	6.0 g	0.2
2 tsp.	Pepper, white	5.0 g	0.18
2 tsp.	Coriander seeds	3.6 g	0.13
1 tsp.	Mustard seeds	3.3 g	0.12
½ tsp.	Sodium erythrobate	2.5 g	0.10
¾ tsp.	Clove, whole	0.9 g	0.03



6 lb. ← Totals → 2.8 Kg 100%

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

* I used leftover cooked ham from a holiday meal that is trimmed off the bone and the ham pan drippings.

Method:

1. Bone and trim the pork butt and ham into 2-inch cubes, reserving the fat, and chill to almost freezing.
2. Grind the trimmed pork meat and ham meat through a ¼-inch plate.
3. Place all dry ingredients in a spice mill and pulverize them.
4. Sprinkle ingredients over the ground meat, mix well, and regrind through a 1/8"-plate.
5. Place ground meat in a food processor along and about ½ the ice water process until the temperature reaches 40°F [4.4°C].
6. Grind the pre-chilled fat through first through a ¼-inch plate and then a 1/8"-inch plate.
7. Add ground fat and remaining ice water to the emulsion and re-emulsify to a smooth paste until the temperature reaches 58°F [14.4°C].
8. Stuff the emulsion into 100 mm diameter artificial casings.
9. Poach at 180°F until internal temperature reaches 160°F—about 1½ hours.
10. Remove sausage from water and immediately place in ice cold water until the internal temperature is 100°F.
11. Dry sausage and then refrigerate at least 6 hours before use.

Len Poli

Sonoma, California - Sonoma Mountain Sausage Company

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