

Italian Farmhouse Sausage - Salsiccia alla Masseria

U.S.	Ingredient	Metric	Percent
4 lb.	Pork	1815.0 g	44.00
1 lb	Pork rind 25%	454.0 g	25.00
8 oz.	Spinach, cooked, squeezed	225.0 g	12.50
5¼ oz.	Onion, cooked, chopped	150.0 g	8.25
7 tsp.	Salt	44.0 g	2.40
6 Tbs.	Parmesan Cheese, grated	36.0 g	2.00
2 Tbs.	Pine nuts, whole, toasted	24.0 g	1.30
4	Egg white, powdered*	20.0 g	1.10
3 clove	Garlic, raw, minced	10.0 g	0.55
1 tsp.	Sugar, table	4.6 g	0.25
2 tsp.	Pepper, black, ground	4.2 g	0.23
1 tsp.	Fennel seed, whole	2.0 g	0.10
¾ tsp.	Sage, dry, ground	1.6 g	0.09
½ tsp.	Nutmeg, ground	1.0 g	0.06
¼ tsp.	Cure #1 (optional)	1.3 g	0.07
¼ cup	½ butter - ½ olive oil	50.0 ml	2.75

32 mm natural casings

6 ¼ lb. ← Totals → 2.8 Kg 100%



* 5.0 GRAMS OF POWDERED EGG WHITE = 1 FRESH EGG WHITE FROM A LARGE EGG.

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 five 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 spinach (chopped) and mix with the onions and then remove from the heat; let cool.
5. Grind the spinach-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 32 mm casings and link off into 5" (13cm) sausages.
8. Grill or pan fry and serve with polenta or risotto.

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 Sonoma Mountain Sausage - Sonoma California