Blueberry Sausage

U.S.	Ingredient	Metric	Percen
3 lb.	Pork Shoulder	1400.0 g	85.00
4 tsp.	Maple syrup	20.0 ml	1.25
1 tsp.	Salt, table	22.0 g	1.35
½ tsp.	Cure #1	3.0 g	0.2
½ tsp.	Sausage Phosphates [opt.]	$2.0~\mathrm{g}$	0.15
1/8 tsp	Vanilla extract	1.0 ml	0.10
½ tsp.	Nutmeg, ground	1.0 g	0.10
¹⁄₄ tsp.	Cinnamon, ground	0.6 g	0.05
1½ cup	Blueberries, fresh, sweetened*	200.0 g	12.00
_	Corn Starch [as needed]	_	
	Table Sugar		
3.5 lb.	← Totals →	1.65 Kg	100%



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

Method:

- 1. Cube and chill the pork until it is partially frozen.
- 2. Grind the pork through a ¼-inch [6.5mm] grinder plate.
- 3. Add the salt and the cure and mix it into the meat until the meat becomes quite sticky [important!].
- 4. Reserve the blueberries, corn starch and sugar; mix the remaining ingredients into the meat and chill for at least 6 hours to allow the flavors to develop.
- 5. The blueberries should be sweetened by macerating them in table sugar for an hour, *and then frozen solid*.
- 6. Roll and very lightly dust the frozen berries with powdered sugar and refreeze them until rock hard so they will not burst when forced through the stuffing tube.
- 7. Add the sugar-coated frozen berries to the sausage meat and very gently, fold them in trying not to mash them.
- 8. Stuff into casings and tie off into 5-inch [12 cm] links.
- 9. Grill or fry over medium heat.

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^{*} More or less as desired!