

German Liverwurst

U.S.	Ingredient	Metric	Percent
1¼ lb.	Liver	567.0 g	45.8
½ lb.	Tongue, heart, or pork shoulder*	227.0 g	18.3
¾ lb.	Back Fat *	340.0 g	27.5
2½-3 tsp.	Salt (1.8 - 2.2%) *	22.0 g	1.80
½ tsp.	Cure #1 *	3.0 g	0.25
1½ tsp.	Sugar	6.5 g	0.53
2 oz.	Onion grated and cooked.	57.0 g	4.61
¼ tsp.	Cardamom	0.5 g	0.04
½ tsp.	Ginger	6.5 g	0.53
¼ tsp.	Mace	0.4 g	0.03
2-4 tsp.	Marjoram *	3.0 g	0.24
1½ tsp.	Black Pepper, fine ground	3.0 g	0.24

Optional Additions: *

1/8 tsp.	Cloves	0.25	0.02
½ tsp.	Coriander	0.9	0.07
¼ tsp.	Nutmeg	0.5	0.04

2¾ lb. ← Totals → 1.24 Kg 100%

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

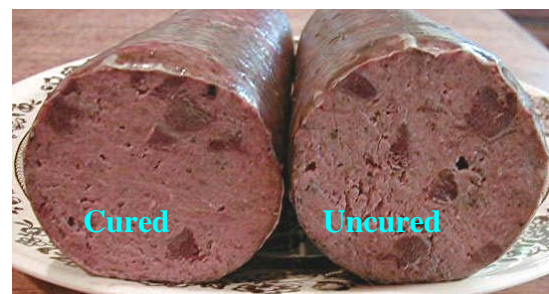
Procedure:

1. If making a cured product, cure pork tongues, hearts or pork meat using Len's [Corned Beef cure](#) without spices. [optional step]
2. Cook the cured or uncured tongues, hearts, or pork meat until tender. Allow sufficient meat to make weight after cooking.
3. Cool meat and dice half of the meat ½" and grind all or half through a 1/8" plate depending on the desired end product.
4. Cube liver and fat. You can use pork, beef, or venison liver. Freeze solid.
5. Grind liver and fat through a 1/8" plate. Refreeze and grind a second time.
6. Grate onion and fry to a golden color in a small amount of fat or oil. Allow to cool.
7. Mix liver, fat, onion, and ground meat and meat cubes (if using). Add dry ingredients and mix well.
8. Incubate in refrigerator 24 hours.
9. Stuff into beef rounds, middles, or synthetic casing. [note: use waterproof casings*] This is the messy part. Keep the meat paste close to freezing.
10. Place the sausage in cold water and gradually bring up the temperature to 170°F. water (no higher) to an internal temperature of 145°F (about 40 minutes or so) or proceed as in step #11
11. Place in smoker with no smoke and heat until sausage is firm. Place a pan of water in the smoker; insert meat thermometer, and simmer-steam to 145°F internal temperature. Cold smoke for up to 6 hours, if desired.
12. Allow to bloom in refrigerator for 12 hours before use.

*Discussion:

- Please Note: this is a sausage that can be made in a number of different ways, depending on preference or, in my case, what I remember as a child.

Smoked Liverwurst



- Curing the meat is optional. You can grind all of the meat or part. Your choice. We like liverwurst with chunks.
- Adding cure to the meat paste is optional. The Germans do it both ways. The difference is subtle but the uncured product has a deeper flavor.
- This sausage contains 50% liver versus Braunschweiger, which has much less. This one is spreadable and contains 30% fat. The recipe is a compilation of many recipes found in "Die Fabrikation feiner Fleisch- und Wurstwaren" by Hermann Koch. Most of the German recipes use up to 40% fat. If you wish to make a "Leberwurst fettreduziert" with 20% fat, replace 4 oz. fat with 4 oz. ground/cubed, cured/uncured meat.
- The amount of salt (1.8 or 2.2%) is your choice. I prefer 1.8%. German recipes use both. Note that the cure is mainly salt so, if you don't use cure, you need to add an additional 1/2 tsp. salt to the recipe. Use 2 tsp. marjoram for a "blended" flavor and up to 4 tsp. for a marjoram-predominant flavor, which I prefer. I think the recipe could use a bit more fried onion although, the amount used is according to the German recipes. Coriander isn't found in any German recipes, but goes well with marjoram. Cloves and nutmeg are found in some German recipes, so these are options to consider.
- Water proof casings are available from a number of suppliers; Stuffer's Co. [Resource Page] has a wide selection. The photo below, by Len Poli, shows the liverwurst in waterproof casings.



Poached Liverwurst