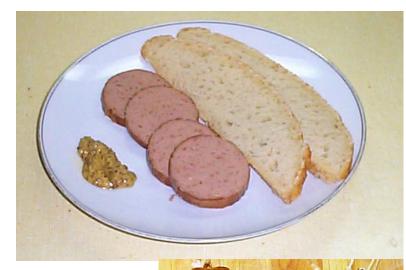
## Liverwurst – Leberwurst, Braunschweiger Art

U.S.	Ingredient	Metric
3 lb.	Pork shoulder	1360 g
2 lb.	Liver (beef, pork or chicken)	900 g
1 lb.	Beef chuck, lean	454 g
¾ lb.	Pork back fat	340 g
3/4 cup	NF Milk powder	58 g
2 Tbs.	Salt	40 g
7 tsp.	Onion powder	27 g
2 tsp.	Liquid smoke	16 ml
1 tsp.	Cure #1	7 g
1 pkg.	Gelatin	5 g
2 tsp.	Pepper, white, ground	5 g
1 Tbs.	Marjoram, ground	4 g
1 tsp.	Ginger, ground	2 g
½ tsp.	Nutmeg, ground	1.5 g
½ tsp.	Coriander, ground	1 g
	Pistachio nuts (optional)	



7 lb.  $\leftarrow$  Totals  $\rightarrow$  3.2 kg

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

## **Method:**

- 1. Partially freeze liver, pork, beef, fat; grind through fine; partially re-freeze, and then grind again.
- 2. Add meats to a mixer along with the remaining ingredients.
- 3. Mix thoroughly--about 6-7 minutes
- 4. Process the ground meats chopped in the food processor until very fine, adding the gelatin moistened in ¼ cup of cold water.
- 5. Emulsify the meat paste in the food processor...it may be necessary to do this in 3 or 4 batches. Stuff into natural or artificial casings (I prefer water-impermeable artificial casings).
- 6. Poach in 165°F water to internal no higher than 150°F—about 90 min.
- 7. Chill rapidly in ice and water. After chilling, if artificial casings were used, dip liverwurst in boiling water for 20 seconds to shrink the casing.
- 8. Allow sausages to air dry completely—2-3 hours—depending on conditions (or use a small fan to speed things up)
- 9. Apply a heavy smoke for 3 hours. Chill in cold water to 100°F, and then refrigerate 12 hours before use.





Note: Braunschweiger is a smoked liverwurst. If you prefer un-smoked liverwurst, omit step 9.

<sup>\*</sup>Note: About 29% of the meat block is liver. Pork liver has the strongest flavor; chicken liver has the mildest. Calf's liver should be pale and pinkish in color; beef liver is darker and has a stronger taste and odor.