

LONGGANISA FILIPINO 
[LONGGANISA NA MAY BAWANG]
[Longganisa with garlic]

| U.S. | Ingredient | Metric | Percent |
|-----------------|------------------------------|------------------|---------|
| 5 lb | Pork shoulder(70/30) | 2268.0 g | |
| 2/3 cup | Water | 140.0 ml | 6.2 |
| 2/3 cup | Sugar | 130.0 g | 5.7 |
| 5 Tbs. | Pineapple juice | 75.0 ml | 3.3 |
| 5 Tbs. | Anisado wine | 75.0 ml | 3.3 |
| 1/2 cup | Garlic cloves | 60.0 g | 2.6 |
| 4 tsp. | Salt, refined | 30.0 g | 1.5 |
| 1 3/4 tsp. | Phosphate, sausage | 6.8 g | 0.3 |
| 1/2 tsp. | Curing salt#1 | 5.5 g | 0.2 |
| 1 tsp. | MSG | 4.5 g | 0.2 |
| 2 tps. | Pepper, black-ground | 4.0 g | 0.2 |
| | Red food coloring as desired | | |
| | 32mm casings | | |
| 6.12 lb. | ← Totals → | 2773.84 g | |



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

PROCESSING

1. Cut meat into small pieces, about 1.5-inch cubes
2. Partially freeze the meat before grinding-makes for a cleaner cut.
3. Grind meat through a 6.5mm (1/4") plate.
4. In a mixing bowl, dissolve the curing salt and phosphate in water.
5. Finely mince the garlic cloves-or pass through a garlic press.
6. Add the remaining ingredients to the bowl and mix well to dissolve.
7. Mix in the ground meat to the additives and seasonings.
8. Refrigerate for 24 hours to let the flavors enter the meat.
9. Stuff into 32mm hog casings and twist to form 6-inch links.
10. Longganisa may steamed with rice, fried or grilled.

Len Poli –<http://lpoli.50webs.com>

Copyright © June, 2018. (All rights reserved)

Sonoma Mountain Sausage Company - Santa Rosa, California