

Fresh Loukaniko – Greek Sausage

U.S.	Ingredient	Metric	Percent
2½ lb	Lamb, lean ground	1135.0 g	47.70
2½ lb.	Pork trimmings	1135.0 g	47.70
¼ cup	Greek wine (Syrah)	50.0 ml	2.10
5 tsp	Salt	36.0 g	1.51
1 Tbs.	Orange zest	12.0 g	0.50
1½ tsp.	Garlic, minced	4.5 g	0.19
1 tsp.	Anise ground	2.0 g	0.19
1 tsp.	Pepper, black	2.0 g	0.19
1 tsp.	Marjoram	2.0 g	0.19
¼ tsp.	Cinnamon	0.6 g	0.03
¼ tsp.	Allspice	0.5 g	0.02
	32 mm hog casings		
5 ¼ lb.	← Totals →	2.4 Kg	100%

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



Method:

1. Mix all the above ingredients in a large container and mix all together well.
2. Prepare the casings by soaking in orange juice for 30 minutes.
3. Stuff the sausages and tie off into 6-inch (15cm) lengths.
4. Allow to air dry at room temperature for 4 hours, then refrigerate.
5. Grill sausages over hot coals; sausage must be thoroughly cooked before eating.

Len Poli – Sonoma, California

Copyright © (All rights reserved) – April 2005