

Greek Cheese Sausage - Λουκάνικο Φρέσκων Τυριών

U.S.	Ingredient	Metric	Percent
5-lb.	Pork shoulder*	2270.0 g	82.00
¾ lb.	Feta cheese	225.0 g	8.14
5 tsp.	Salt	36.5 g	1.32
4 Tbs.	Onion, spring, fresh	30.0 g	1.10
1 tsp.	Garlic, fresh, minced	15.0 g	0.55
1 Tbs.	Pepper, black, coarse	6.3 g	0.25
1 Tbs.	Coriander seed, toasted	5.4 g	0.20
2 tsp.	Oregano, dried	3.0 g	0.10
1 tsp.	Anise, seed toasted	2.1 g	0.08
¾ cup	Water, ice cold	170.5 ml	6.00
6 lb.	←Totals →	2.8 Kg	100%



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

**This sausage is also good with lamb shoulder substituted for the pork!*

Method:

1. Crumble the feta cheese into ¼” chunks and set aside in the refrigerator to keep cold. [Note it wouldn't hurt to partially freeze the cheese so that when it's added to the meat it will not dissolve in....the idea is to have little morsels of cheese throughout the sausage.]
2. Grind the pork through a fine (4.5mm or 3/16) plate.
3. Mince the spring onions, including some of the green tops, with the fresh garlic.
4. Toast the coriander and anise seeds to enhance their flavor and grind coarsely.
5. Mix all seasonings together with water.
6. Add the mixed seasonings to the ground pork along with the minced onions and garlic.
7. Carefully fold in the well chilled feta cheese and stuff into 35 mm hog casings.
8. Sausage is best grilled.

Len Poli – Sonoma Mountain Sausage Company
Copyright © November 2006 (All rights reserved)
Sonoma, California