

Bulgarian Loukanika

U.S.	Ingredient	Metric	Percent
4 lb.	Pork or Pork/beef mix	1825.0 g	75.00
1	Pork jowl or belly	450.0 g	18.50
5 tsp.	Salt	36.5 g	1.50
¼ cup	Fish sauce*	50.0 ml	2.00
½ cup	Pine kernels	30.0 g	1.25
4 tsp.	Glucose	12.0 g	0.50
1 Tbs.	Marjoram, ground	5.0 g	0.20
1 Tbs.	Paprika, ground	6.3 g	0.26
1 tsp.	Cure#2	6.0 g	0.25
2 tsp.	Savory, ground	5.0 g	0.20
2 tsp.	Peppercorns, whole	4.0 g	0.15
½ tsp.	Cumin, ground	2.0 g	0.08
1½ tsp.	Bay leaf, ground	1.0 g	0.04
¼ tsp.	Starter culture**	0.25 g	0.01

Beef round casings

5 lb. ← Totals → 2.4 Kg 100%

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

* The original recipe uses garos (fish sauce); a fair substitute is a good Thai fish sauce like “Tiparos”

** Bactoferm LHP

Method:

1. Cut into meats into cubes to fit grinder throat.
2. Cut the jowl into a large dice and partially freeze; Trim the meat of any sinew and chill it until almost frozen.
3. Grind the meat and fat through a ¼” or 6.5mm plate.
4. In a small bowl, add together all the dry ingredients (except the starter culture) and mix well to distribute them evenly; add them along with the fish sauce to the meat(s).
5. Dissolve the starter culture in 2 tablespoons of water and add the starter to the meats; mix it in well.
6. Stuff the paste into casings beef rounds and tie off into rings about 12-inches in diameter. To help retard mold growth, soak the casings in a solution of ½ water and ½ vinegar for one hour.
7. Incubate the sausage 95°F and R/H of about 90% for 24 hours; then lower temperature to 60°F and R/H of about 50%.
8. After 5 days, lay the sausage on a flat surface and cover with a weight to flatten out the casing; leave under the weight for several days until the sausage remains flat when the weight is removed. Hold it at 60°F and R/H of 50% during this time.
9. Re-hang at 60°F and R/H of 50% until 30% of the raw weight is lost. (Generally about 4 weeks for 1½ diameter casings, but this depends upon your drying conditions).

