

Medisterpølse – A Fresh Danish-Style Sausage

U.S.	Ingredient	Metric	Percent
4 lb.	Pork, cushion meat	1815.0 g	68.25
1 lb.	Pork belly (uncured)	454.0 g	17.07
1 cup	Pork stock, concentrated	250.0 mL	9.40
½ cup	Onion, fresh-minced	100.0 g	3.76
5 tsp.	Salt	36.0 g	1.35
1 tsp	Pepper, black ground	2.0 g	0.08
¼ tsp.	Allspice, ground	0.5 g	0.02
¼ tsp.	Cloves, ground	0.5 g	0.02
	32mm hog casings		
5¾ lb.	← Totals →	2.7 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.

Note: The flavor of this sausage is very much like Danish and Swedish meatballs. It is often served grilled along with shredded steamed beets and carrots, pan-fried red potatoes, sautéed onion and green cabbage.

This formulation is similar to the sausages available in the Solvang community in Southern California.

METHOD:

1. Cube and chill the meats until partially frozen.
2. Cut the cushion and belly into manageable cubes and grind them together twice through a medium (10mm or 3/8") plate.
3. Combine all ingredients and mix well into the ground meats until the paste becomes sticky and all the ingredients are well mixed.
4. Re-grind the meat paste again, this time through a fine (4.5mm or 3/16") plate.
5. Stuff into 32 mm hog casings and tie off into 6 inch (or 15cm) lengths.
6. Use as any fresh sausage.
7. Some versions of this sausage are emulsified, stuffed into rings (like a ring bologna) and smoked to an internal temp of 155°F (68°C).



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