

## Mettwurst – Smoked and Cooked

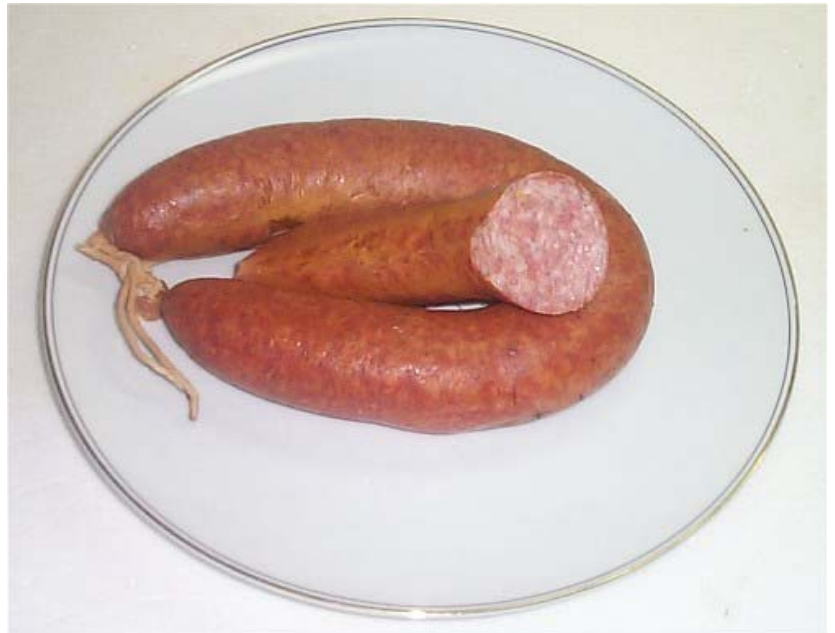
U.S.	Ingredient	Metric	Percent
5 lb.	Pork butt	2270.0 g	94.87
4 Tbs.	Rum	50.0 ml	2.09
4½ tsp.	Salt	31.0 g	1.30
1 tbs.	Mustard seed	10.0 g	0.42
2 tsp.	AmesPhos	7.5 g	0.31
1.0 tsp.	Cure #1	7.0 g	0.30
½ Tbs.	Sucrose	6.5 g	0.27
1½ tsp.	Pepper, white	3.5 g	0.15
6	Juniper berries	2.0 g	0.08
½ tsp.	Garlic	1.5 g	0.06
½ tsp.	Caraway	1.0 g	0.04
1.0 tsp.	Ginger	1.0 g	0.04
½ tsp.	Paprika	1.0 g	0.04
⅓ tsp.	Cardamom	0.7 g	0.03
	Beef Rounds		

5¼ lb. ← Weight→      2.4 Kg 100%

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

### Method:

1. Chill and grind all meats through medium plate (3/8 inch or 10mm)
2. Add the salt, cure and rum to the meats and mix until they are evenly distributed throughout the meats.
3. Place all the remaining ingredients in a spice mill and pulverize to a fine powder.
4. Add ground spices to the meat paste and mix until they are evenly distributed.
5. Chill well and regrind meats again through the medium plate (3/8 inch or 10mm).
6. Cover the paste with plastic wrap and place it in the refrigerator for 24 hours.
7. Stuff into prepared 20-inch long beef rounds and tie-off into rings and allow them to hang at room temperature until the surface is dry.
8. Place in a pre-heated smoker at 140°F (60°C) and apply heavy smoke for 2 hours. Raise the temperature to 180°F (82°C) and continue smoking until the internal temperature of the mettwurst is 160°F (71°C).



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