

NORWEGIAN POTATO SAUSAGE

NORSK POTET PØLSE

U.S.	Ingredient	Metric	Percent
2.2 lb.	Pork shoulder, ground	1000.0 g	
½ lb.	Backfat, ground	250.0 g	25.0
1 lb.	Potatoes, red; baked & peeled	455.0 g	45.5
1¾ cup	Pearl barley, boiled & cooked	220.0 g	22.0
1 cup	Milk, skim, powdered	70.0 g	7.0
1 Tbs.	Salt	20.0 g	2.0
2 tsp.	Pepper, white	5.5 g	0.6
1½ tsp.	Allspice	3.0 g	0.3
	32 mm hog casings		
4.5 lb.	← Totals →	2.0 Kg	



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

PREPARATION:

1. Grind the pork and pork fat through a 6.5mm (¼ inch) grinder plate.
2. Run the potatoes through 10mm (¾-inch) grinder plate.
3. Mix potatoes, meat, backfat, salt, spices and pearl barley in a bowl.
4. Add the milk powder; if too dry add a bit of ice water until the meat is somewhat loose.
5. Stuff the sausage into 32 mm casing and tie off into 6- to 7-inch links.
6. The sausages can be grilled, fried or baked.

This formulation will make approximately 5 lb. potato sausages. This sausage's texture is much softer than most other sausages because of the large amount of cereal grain and milk used. It is mildly spiced, with a hint of allspice.

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