Parisian Garlic Sausage

U.S.	Ingredient	Metric
5 lb.	Pork Shoulder, 80% lean	1825.0 g
3	Egg whites	80.0 g
1 Tbs.	salt	22.0 g
4	Garlic, raw, minced	20.0 g
1 tsp.	Cure #1	7.0 g
2 tsp	Glucose	3.0 g
3/4 tsp.	White pepper, ground	1.2 g
3/4 tsp.	nutmeg	1.0 g
	2 inch diameter casing	
5¼ lb.	**← Totals →**	**2.4 Kg**

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

Method:

1. Partially freeze the meat and then grind trough the coarse plate --3/8 inch (9.5mm).
2. Add remaining ingredients with the meat and mix very well.
3. Stuff into artificial or natural casings, pricking air holes in casing.
4. Hang in smoker (no smoke) at 90°F (32°C) for 3 hours to cure
5. Poach in 190°F (88°C) water to an internal temperature of 160°F (71°C)...approximately 1 hour and 20 minutes.
6. Shower in cold water to reduce to room temperature and then dip sausage in boiling water for 1 minute to shrink the casing.
7. Let hang in air several hours to bloom; refrigerate before eating.

Sonoma Mountain Sausages

Note:
This sausage is generally eaten at room temperature, sliced thin, and served with cheese, baguette and red wine.

Len Poli – Sonoma, California
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