

Lykens Valley Pennsylvania Ring Bologna

U.S.	Ingredient	Metric	Percent
4 lb.	Beef, lean	1820.0 g	65.00
1 lb.	Pork shoulder	454.0 g	16.00
¾ lb.	Ice Water	340.0 g	12.00
½ cup	Soy flour	70.0 g	2.50
6 Tbs.	Brown sugar	70.0 g	2.50
1½ Tbs.	Salt	29.0 g	1.00
8 tsp.	Coriander, ground*	15.0 g	0.53
4½ tsp.	Black pepper, grd.	9.0 g	0.32
1-1/8 tsp	Cure #1	7.0 g	0.25
1½ tsp	Garlic powder.	4.0 g	0.13
	Beef Rounds		
6¼ lb.	← Totals →	2.8 Kg	100%

* Ground but NOT toasted!

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



Method:

1. Cut the meat into 2 inch cubes and partially freeze.
2. Keep the grinder parts in the freezer until they are well chilled.
3. Grind the meats through a 1/8" (3mm) plate.
4. Add all the dry ingredients to the ice water and stir until well dissolved.
5. Mix the dissolved spices into the ground meats, stirring well until the meat paste becomes "sticky"
6. Refrigerate the paste to 40°F and then grind through a 1/8" (3mm) plate again.
7. Stuff into 18-inch long beef rounds.
8. Smoke (lightly) to 155°F.
9. After smoking, put in a kettle of 180°F water until the sausage floats. (That way the casing will peel easily).
10. Cool and allow to completely dry at room temperature.
11. Store under refrigeration.

Recipe By:

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