

Cogliononi di Mulo – A salami from L’Aquila area of Abruzzo

The name, in polite terms, means “Mule’s Testicles” A whimsical play on words prompted by the appearance of the matured salami—Those produced from the town of origin are referred to as “Mortadella Campotosto”, however many of the town markets advertize Cogliononi di mulo!— Generally these are not produced on a commercial scale, but by private “norcini” (pork butchers) that sell in street markets.

| U.S. | Ingredient | Metric | Percent |
|--------------|---------------------------|---------------|---------|
| 5 lb. | Loin and ham trim-30% fat | 2268.0 g | |
| 7 oz. | Fat back, cured | 200.0 g | 9.0 |
| 1 cup | Skim Milk Powder | 72.0 g | 3.0 |
| 2½ Tbs. | Salt | 55.0 g | 2.5 |
| 1 tsp. | Cure#2 | 6.0 g | 0.25 |
| 2 tsp. | Garlic powder | 5.0 g | 0.25 |
| 1½ tsp. | Pepper, black | 3.0 g | 0.13 |
| ½ tsp. | Cinnamon | 1.5 g | 0.07 |
| ½ tsp. | Cloves | 1.5 g | 0.07 |
| 2 tsp. | Sodium erythrobate | 1.3 g | 0.06 |
| 1/8 tsp. | Bactoferm SP-X Starter | 0.2 g | 0.01 |
| ½ cup | White wine, dry | 125.0 ml | 5.5 |
| 6 lb. | ← Totals → | 2.7 Kg | |



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

1. Grind the meat trim through 4mm disk. The trim should have about 30% fat!
2. Dissolve the garlic, cinnamon and cloves in wine; let it set several hours so the flavors infuse into the wine.
3. Add salt, sodium erythrobate and cure to the meat and mix until the mass becomes “sticky”. This will help the meat to adhere well to the fat.
4. Add in the milk powder-mix in well. This step is optional, but it does add lactose to the meat paste which serves as a food for the starter culture bacteria.
5. Add the wine and spices and mix them well into the meat paste.
6. Prepare the starter by adding the amount to ¼ cup of de-chlorinated water. Add this to the meat pastes and mix in well.
7. Store in refrigerator 24 hours; this allows a slow fermentation to start and helps in forming the salami.
8. Stuffing Procedure:

Cut a “stick” of salt-cured fat back approximately ¾-inch square and 4½-inches long (20mm x 115mm)—set aside. Divide meat paste into approximately one pound (1/2 Kilo) pieces. Flatten the meat into a ½” thick patty, shaped similar to a heart (see pictures). Place a fat stick on each patty and gently fold it up and form it into a teardrop shape (see pictures). Press well on all sides to remove any air pocket that may be trapped! Cut a suitable casing (pork or beef middle or piece of beef bung) large enough to wrap around the meat paste. Tie it with string lengthwise and incubate for 48 hours at about 80F (27° C). Study the photographs below



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