

Soupy or Supie



Len, this came out of coal country. Apparently, one of the butchers in Shamokin has the custom of sending a batch of this to each new president in the White House. The key is to preserve the sausage in oil. Soupies have a distinct “anchovy” tang which the traditional Italian Soppressata lacks. This is the result of significant proteolysis by the starter culture and is characteristic of this coal country sausage. As an aside and a bit of trivia, I believe the movie “The Molly Maguires”, starring Sean Connery, was filmed in Shenandoah, Pennsylvania. The scenery isn’t Hollywood. It’s real Pennsylvania coal country. An outstanding film about tough Irish coal miners in an unforgiving job. Slice up some Soupy, pop the cap off a good Pottsville, PA Yuengling Premium beer and transport yourself back to a time that is no more. This is part of the appeal of sausage making. It links us with our past. Enjoy, and remember. Bill

U.S.	Ingredient	Metric	Percent
5 lb.	Pork or pork & beef	2270.0 g	91.33
½ cup	Wine, red-dry	125.0 ml	5.00
2¾ Tbs	Salt	62.0 g	2.50
4.5 tsp.	Paprika	9.5 g	0.38
1 tsp.	Cure #2	6.0 g	0.24
1 Tbs.	Pepper, cayenne ¹	5.5 g	0.22
½ tsp.	Glucose	5.0 g	0.20
1 tsp.	Black pepper	2.1 g	0.08
¼ tsp.	Starter Culture ²	0.4 g	0.02
	Beef rounds		
	Oil for preservation ³		
5 ½ lb	←Totals→	2.5 Kg	100%



¹ The amount of cayenne is optional.

² Bill recommends a 50:50 mixture of Bactoform F-LC and T-D-66. F-LC has anti-*Listeria* properties and T-D-66 contains proteolytic bacteria that produce the desired flavor. They are available from Butcherpacker.com.

³ Italians use Sunflower Oil (olio di girasole), Olive Oil (not extra virgin) or Lard to cover and preserve the sausages.



← Soupies pressed under 25 lb. weights.

Soupies that have been weighted and flattened to a 1” thickness. →



Method:

1. Prepare the casings by soaking in water to which you add some lemon slices and a little salt.
2. Chill and grind the meat(s) through a fine (4.5 mm or 3/16”) plate. (The meats can be any combination of pork, beef, or venison. The real key is that the meat should be very lean; cut away all visible fat.)
3. Add the dry ingredients (the high salt content is a must for preservation), and mix until the paste becomes sticky or glutinous. Add in the wine (my addition to Bill’s recipe), remix all again.
4. Stuff the casings real tight and tie off into 6 to 8 inch lengths.
5. Incubate soupies at 80°F for 48 hours at a high relative humidity (see starter instructions).
6. Hang them in a cool, well ventilated place (+/-60°F) for 5 days. Make sure that the sausages do not touch each other.
7. Take them down, place them in a flat pan or large cookie sheet lined with parchment paper, cover the sausages with parchment and another pan and put a very heavy weight (about 25 pounds) the top pan to flatten the sausage out. This may take several days; you’re aiming to get them about 1 inch thick!
8. Store under refrigeration for 2-3 weeks until they loose about 40-45% of their original weight (they should be very, very dry), then take them out, separate them and store them in a crock of oil or lard.
9. Age this way for 4 months before eating; sausages preserved this way will last for several years.

Recipe submitted 9/2004 by:

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