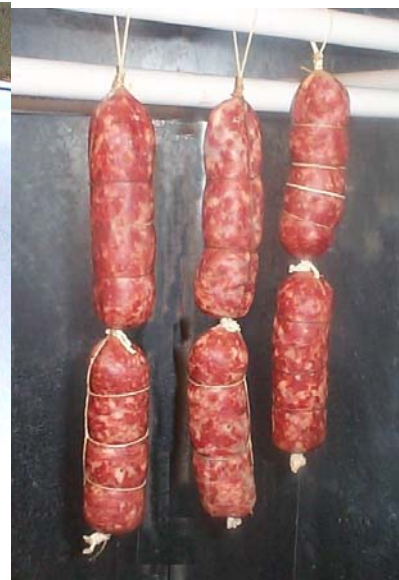


Soppressata di Calabria

U.S.	Ingredient	Metric	Percent
5 lb.	Pork shoulder	2270.0 g	83.93
¾ lb.	Pork back fat	310.0 g	11.46
2 Tbs.	Salt	44.0 g	1.63
1½ Tbs.	Glucose	13.5 g	0.50
1 tsp	Cure #2	7.0 g	0.26
2 tsp.	Pepper, red flakes*	5.0 g	0.19
1 tsp.	Pepper, white, grd.	2.8 g	0.10
1 tsp.	Peppercorns, black	2.0 g	0.07
1/8 tsp.	Starter culture	0.2 g	0.01
4 Tbs.	Red wine	50.0 ml	1.85
	Beef middles		
6 lb.	← Totals →	2.7 Kg	100%

*Can be increased according to your taste



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

Method:

1. Soak the beef middles in white vinegar for at least 3 hours and then rinse. The vinegar helps retard the growth of mold over the casing.
2. Cube the meat and fat and chill until partially frozen then grind the meat and fat through a 3/8"(10mm) plate.
3. Add the salt, peppers, and wine to the paste and mix well.
4. Mix the starter with 2 tablespoons (30ml) of pure water to which you've added a pinch of glucose; thoroughly mix in the starter culture into the meat paste.
5. Stuff the meat paste into the casings; each salume should be tied so that they are about 9" long (23cm) and 2¼"(6cm) in diameter.
6. Incubate soppressata for 15 hours at 85°F* (30°C) @ 90% R/H.
7. Age the soppressata at 60°F (16°C) and 55% R/H for approximately 30 days or until there is a 30% weight loss. If mold begin to develop, it can be wiped away with a cloth dipped in white vinegar, if you wish.
8. After 12 days, the soppressata may be cold smoked according to your taste.

* Or follow the recommended optimum temperature suggested by the producer of the starter culture. I like to use Bactoferm LHP.

Len Poli – Sonoma, California

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