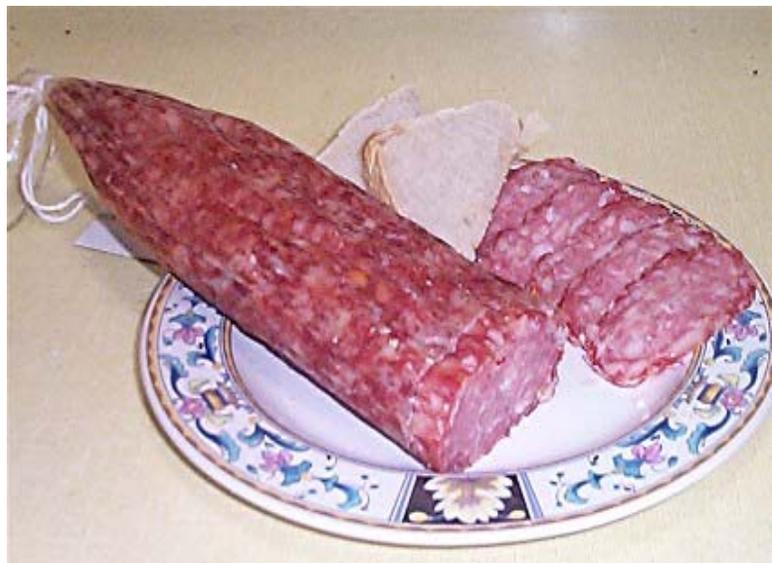


Soppresata – Spianata Romana

U.S.	Ingredient	Metric	Percent
8 lbs	Pork shoulder	3625.0 g	73.75
2 lb	Pork back fat	900.0 g	18.31
6 Tbs.	Salt	130.0 g	2.64
1 cup	Powdered milk	75.0 g	1.53
2 Tbs.	Dextrose	18.0 g	0.37
2 tsp.	Prague #2	14.0g	0.28
4 tsp.	White pepper	10.0 g	0.20
1 Tbs.	Garlic, powdered	9.0 g	0.18
1 Tbs.	Red pepper flakes ¹	8.5 g	0.17
1/2 tsp.	Starter culture	0.8 g	0.01
1/2 cup	Dry white wine	125.0 ml	2.53
	100mm Collagen casings		

10¾ lb. ← Totals → 5 Kg 100%



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. Freeze pork fat slightly then grind ¼" (4.5mm) plate. Re-chill while grinding the meat. Grind the pork through a 3/8" (10mm) plate. Add the salt to the meats and fat and mix well. Chill for 1 hr.
2. Dissolve the starter culture in a tablespoon or two of pure water; mix in with the meats-- then add the wine.
3. Add the remaining dry ingredients together in a bowl and mix well to distribute evenly.
4. Spread out the ground meats and sprinkle spices over the meats. Mix the spices into the meat mixture.
5. Stuff into collagen casings. Press the soppresata (a term which refers to ironed or flattened) into a flattened oval.
6. Incubate the soppresata by hanging in an incubator/smoker- [no smoke-dampers closed] at about 85°F* and R/H of about 90% for 24 hours. Add a pan of water and some wicking material to supply the moisture if necessary.
7. Let soppresata hang for 21+ days in a cool area. Try to keep temperature at 55-60°F and R/H of about 70%. If larger casings are used, increase drying time! The soppresata should loose about 30% of its weight before eating.

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

¹ I use California red pepper flakes with the seeds which have about 20K heat units. Adjust to your pepper type and taste!

Len Poli – Sonoma, California

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