

Soppressata made with wild Goose and Duck

U.S.	Ingredient	Metric	Percent
3 lb.	Duck breasts*	1360.0 g	38.3
2½ lb.	Pork back fat	1130.0 g	31.8
2 lb.	Goose breasts*	910.0 g	25.6
3 Tbs.	Salt	66.0 g	1.8
4 tsp.	Corn Syrup Solids	31.0 g	0.9
2 Tbs.	Pepper, red, flakes	12.5 g	0.4
1 Tbs.	Dextrose	9.0 g	0.25
5 tsp.	Coriander seeds, ground	9.0 g	0.25
1½ tsp.	Cure #2	9.0 g	0.25
2 tsp.	Garlic powder	6.0 g	0.17
2¾ tsp.	Mace, ground	4.7 g	0.13
1½ tsp.	Anise seed, ground	3.0 g	0.08
¼ tsp.	LHP Lactic starter culture	0.4 g	0.01
7½ lb.	Totals →	3.5 Kg	100%



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

* Can be made with all duck or all goose—including any body fat, if any.

Method:

1. Cut the meats into chunks and partially freeze; grind them through a ¼-inch plate.
2. Grind half of the fat through a ¼-inch plate; the remaining should be hand cut into 3/8-inch dice.
3. Dissolve the starter in ¼ cup of pure water.
4. Mix the meat and fats with the remaining ingredients.
5. Thoroughly blend all the ingredients together.
6. Stuff into casings about 18-20 inches long. [You can use beef middles or cellulose casings]
7. Incubate soppressata for 18 hours at 90°F and a relative humidity of about 85-90%.
8. Age the soppressata at 60°F (16°C) and 55-60% R/H for approximately 30 days or until there is a 30% weight loss.

[Note-these sausages traditionally have no or very light formation of white mold. If molds begin to develop, they can be wiped away with a cloth dipped in white vinegar.]

Len Poli

Sonoma, California - Sonoma Mountain Sausage Company

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