

Soppressa Veneta da Friuli

U.S.	Ingredient	Metric	Percent
5 Lbs	Pork Shoulder	2270.0 g	86.56
½ lb.	Pork fat back	225.0 g	8.58
8½ tsp.	Salt	62.0 g	2.36
2 Tbs.	White wine	30.0 g	1.14
4 tsp.	Dextrose	12.0 g	0.46
2½ tsp.	Garlic	7.0 g	0.27
1 Tbs.	Pepper, black	7.0 g	0.27
1 tsp.	Cure #2	6.0 g	0.25
1 tsp	Droga dolce ¹	3.0 g	0.11
¼ tsp.	Starter (LHP)	0.4 g	0.02

5¾ lb. ←Totals → 2.6 Kg 100%

¹Droga dolce ("Sweet spice") -- 2 parts cinnamon: 1 part ground cardamom seeds: 1 part ground nutmeg: 1 part ground sugar: 1 part ground galangal: ½ part ground cloves: ¼ part ground bay leaves. Exotic spices brought by Venitian traders were often used to flavor meats.



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

Traditionally, the meat and fat are cut by hand and after stuffing the salami is pressed and rolled on a flat surface to distribute fat and compact the meat—hence the name “soppressa – to press or apply weight”

Method:

1. Cut, cube, and chill the meat and the fat to the freezing point. Grind them separately through a medium (3/8” or 10mm) plate.
2. Mix the salt and the cure with the fat and the meat until the paste become quite sticky.
3. Dissolve the starter in a tablespoon or two of pure water and mix it into the paste, making sure you get a good distribution; about 3 minutes in the mixer. I use Bacterferm LHP.
4. Add the remaining ingredients and continue mixing for 3 more minutes, keeping the paste as cold as possible.
5. Stuff into beef middles or large diameter 3½” protein-lined artificial casings and tie off into 9-inch salami.
6. Hang the salami at room temperature and allow the salami to equilibrate to the ambient temperature.
7. Incubate salami by hanging in the incubator at about 85°F and about 90% R/H for 24 hours.
8. Let salami hang for a minimum of 28 days in a cool area. Try to keep temperature at 55-60°F and about 80%R/H.
9. When ready to eat, the salami should have lost about 30% of their original weight.

**Len Poli – Sonoma, California – Sonoma Mountain Sausage
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