

Salsicca Fresca Calabrese - Fresh Italian Sausage – Calabrian Style



U.S.	Ingredient	Metric	Percent
4½ lb.	Pork, lean	2040.0 g	87.2
2/3 lb.	Pork fat back	300.0 g	12.8
2¾ Tbs.	Salt	60.0 g	2.5
2 Tbs.	Hot red pepper	11.0 g	0.5
1 tsp.	Pepper, ground	2.4 g	0.1
1 tsp.	Cumin	2.0 g	0.1
½ cup	Wine, white*	125.0 ml	5.3

32 mm hog casings

5½ lb. ← Totals → 2.5 K g

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

*This sausage formulation comes from Bianco, Calabria- on the sole of the boot on the coast opposite Reggio Calabria. The region is known for its sweet white wine (Vino di Bianco) which is very expensive in the US. A poor substitute is a good quality sweet Marsala wine..

METHOD:

1. Hand cut lean meat and fat separately into ¼-inch pieces Note: ratio of lean to fat should be about 85% meat to 15% fat --This sausage is very lean
2. Mix the meat and fat with the salt for a couple of minutes, until the paste becomes “sticky”.
3. Mix dry spices together and grind them to a fine powder in a spice grinder. Double the red pepper if you want it really hot!
4. Dissolve the spices in the wine.
5. Work spices well into meat.
6. Stuff into well-rinsed sausage casings (32-35 mm size) and refrigerate.
7. Eat within 5 days. (Note: if you are grilling or pan frying, it may be necessary to add a small amount of oil to the pan to prevent sticking since these sausages are so lean! Use medium heat only and DO NOT poke holes in the sausage during the cooking process)

Len Poli – Sonoma Mountain Sausage Company
Copyright © November, 2011(All rights reserved)
Santa Rosa, California