Italian Sausage: Salsiccia Barese

These Italian sausages are similar to those available in the area of southern Italy around Bari on the Adriatic coast. Some families use a tomato paste conserva; in others, it is a red pepper conserva!

U.S.	Ingredient	Metric	Percent
2¼ lb.	Pork Shoulder	1000.0 g	50.0
2¼ lb.	Lamb	1000.0 g	50.0
1 cup	Pecorino Cheese, grated	100.0 g	5.0
6 Tbs.	Conserva (use Tomato paste)	54.0 g	2.7
5½ tsp.	Salt	40.0 g	2.0
½ cup	Basil, chopped	25.0 g	1.3
¼ cup	Parsley, flat leaf, chopped	10.0 g	0.5
2 tsp.	Pepper, black	4.2 g	0.2
½ cup	Ice water	125.0 ml	
	32-34mm hog casings		
5 lb.	**← Totals →**	**2.2 kg**	

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

Method:

1. Chill the meats to 40°F [4.4°C], cut into large cubes and grind through a 3/16-inch [4.5mm] plate.
2. Add the salt to the meat and mix in well.
3. Dissolve the tomato paste in the ice water and mix them with the meats.
4. Mix in the grated cheese, pepper, basil and parsley and make sure they are well distributed throughout the paste.
5. Stuff in 34mm hog casings and tie off into 8-inch [20 mm] lengths.
6. Before eating, refrigerate the sausages for 24 hours so that the flavors are well developed.

Len Poli – Sonoma Mountain Sausage – Sonoma, California
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