

LUGANECA-ANOTHER VARIATION

This formulation is from the Provincia Emiglia, Italy, which is the very epicenter of Luganeca country.

U.S.	Ingredient	Metric
5 lb.	Pork shoulder	2268.0 g
3 tsp.	Salt	65.0 g
½-cup	Parmigiano cheese	65.0 g
2 tsp.	Pepper	4.5 g
1 tsp.	Rosemary, fresh	2.5 g
½-clove	Garlic	2.5 g
½-tsp.	Nutmeg, ground	1.5 g
½-cup	White wine, dry	125 ml

Large sheep casings

5½-lb. ← Totals → 2.5 Kg



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

Procedure:

1. Chill the meat to slightly above freezing.
2. Grind meat twice through ¼"-inch plate.
3. Finely mince the fresh rosemary and garlic.
4. Mix all ingredients well and stuff into Sheep casing.
5. Form a coil about the size of a dinner plate (12in. diameter)

Note: in some areas the cheese is optional.

This excellent sausage may be prepared four ways:

- Roasted in white wine ("Vino bianco, secco")
- Cooked in a tomato sauce
- Pan fried with a little water
- Grilled

Submitted by: John Posoli
john@naptownlabs.com

Recipe by: Andrew Agliotti
Piacenza, Province of Emiglia, Italy

Tested by: Len Poli – <http://lpoli.50webs.com>

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Sonoma Mountain Sausage Company - Santa Rosa, California

