

Italian Sausage with fennel - Salsiccia Siciliana

This is the "Italian Sausage with Fennel" sold in U. S. supermarkets; often called "New York-style Italian Sausage"

U.S.	Ingredient	Metric
4.0 lb.	Pork butt	1850.0 g
1.5 lb.	Pork fat back	670.0 g
4½ tsp.	Salt	32.0 g
1 Tbs.	Dextrose	12.0 g
2 tsp.	Pepper, black, coarse	7.0 g
2 tsp.	Garlic, powdered	7.0 g
2 tsp.	Fennel seed, whole;	4.5 g
1 tsp.	Pepper, white, ground	4.0 g
1 tsp.	Fennel seed, ground	2.0 g
¼ tsp.	Citric acid	1.5 g
¼ tsp.	Coriander, ground	1.0 g
½ cup	Ice water	125.0 ml
	35 mm hog casings	
6 lb.	← Totals →	2.7 Kg



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

Method:

1. Mix dry spices; Dissolve the spices in H₂O.
2. Grind meat through medium grinder plate. Keep meat cold (<40°F) at all times. Return to refrigerator while mixing spices. I use Universal No. 2 with the #14 cutter. Note: ratio of lean to fat should be about 70:30 or the sausages will be dry and "mealy".
3. Work spices well into meat.
4. Stuff into well-rinsed sausage casings (35 mm size) and refrigerate.
5. Eat within 4 days or freeze.

Freezing slightly changes the character of the sausage...It's O.K. but different in taste!

Len Poli – Sonoma, California

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