

# Salsiccia Bardiccio


Note: These sausages, which contain both beef and pork, are similar to those served in the Sagra (Festival) Toscanelli in the Pontassieve region during the last week of May. The area about 30 Km east of Florence, and highlights artisanal products of the area. When these sausages are commercially made, nitrite preservative is added. When they are homemade, butchers will often add liver, tripe and/or kidney to the sausage paste. They were grilled and served with pumpkin risotto and bardiccio, tagliatelle with bardiccio and bardiccio with white beans accompanied by a good Chianti wine from the region.

U.S.	Ingredient	Metric	Percent
3 lb.	Pork shoulder	1370.0 g	54.0
1½ lb.	Beef round, lean	700.0 g	28.0
½ lb	Beef Heart	227.0 g	9.0
½ lb.	Pork fat back	227.0 g	9.0
1 Tbs.	Salt	22.0 g	1.6
4 tsp.	Sugar	17.0 g	1.2
1½ Tbs.	Fennel, ground	9.0 g	0.7
1 tsp.	Pepper, black, coarse	2.0 g	0.15
¼ tsp.	Garlic powder	1.0 g	0.07
¼ tsp.	Citric acid	1.5 g	0.11
½ cup	Ice water	125.0 ml	9.0



12 in. long Pork casings-35 mm size

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

Method: 

1. Grind pork through fine grinder plate. return to refrigerator while grinding beef.
2. Grind beef and heart through medium grinder plate. return to refrigerator while mixing spices
3. Using a spice grinder or coffee grinder, pulverize all the dry ingredients and set aside.
4. Add all the ground spices to the water and mix well.
5. Add the spices to the meats and mix until paste becomes “sticky”. Use latex gloves when mixing to avoid skin bacteria from contaminating mixture. Keep the meats cold!
6. Preparing casings and fill sausage meat into the stuffer.
7. Stuff into 35mm casing (Traditionally they are stuffed into paired 12-inch links or strings of 4 sausages in a 12-inch casing.).
8. Air-dry sausages by hanging at room temperature (below 75°F) for 6 hours.
9. Refrigerate and use within one week or freeze them.

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Sonoma Mountain Sausage - Santa Rosa, California