

SALSICCIA DI CAVOLO or SAUTISSA D'COI (in Piemontese)

This sausage is an example of *la cucina povera* in poorer households, where non-meat ingredients or leftovers are often added to sausages to “stretch” the meat. This formulation originated in the Piedmont region, but there are other variations throughout Italy. Some variations use cooked, leftover risotto instead of cabbage.

U.S.	Ingredient	Metric	Percent
5 lb.	Pork Shoulder	2270.0 g	
¾ lb.	Savoy Cabbage (cavalo versa)	340.0 g	15.00
5 tsp.	Salt	37.0 g	1.65
2 cloves	Garlic, raw, minced	10.0 g	0.44
2 tsp.	Basil, fresh	4.5 g	0.20
2 tsp.	Pepper, black, coarse	4.2 g	0.19
1 tsp.	Marjoram, fresh	3.0 g	0.13
1 tsp.	Pepper, red, flakes	2.3 g	0.10
¾ cup	Wine, Barbera	180.0 ml	8.00
	32-mm hog casings		
6¼ lb.	← Totals →	2.85 Kg	



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

Method:



1. Mix dry spices; Dissolve the spices in the wine.
2. Grind meat through medium grinder plate. Keep meat cold (<40°F) at all times. Note: ratio of lean to fat should be about 70:30 or the sausages will be dry and "mealy".
3. Return the ground meat to refrigerator while mixing spices.
4. Work the dissolved spices well into meat.
5. Wash and chop the cabbage into a coarse cut and add to the meat paste, mixing well.
6. Stuff into well-rinsed sausage casings (35 mm size) and refrigerate.
7. Eat within 4 days or freeze.

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