

Mild (Sweet) Italian Sausage - Salsiccia dolce

This is the “Italian” sausage that is typically available in U.S supermarkets as “sweet Italian”

U.S.	Ingredient	Metric	Percent
4.5 lb.	Pork shoulder	2040.0 g	84.00
0.5 lb.	Pork fat back	227.0 g	9.00
2 tsp.	Salt	14.0 g	0.60
4 tsp.	Dextrose	12.0 g	0.50
1 tsp.	Pepper, black, coarse	2.5 g	0.13
1/4 tsp.	Coriander, ground	3.0 g	0.15
1/4 tsp.	Sodium erythorbate	1.5 g	0.05
1/2 cup	Ice water	125.0 ml	5.00

Hog casings

5 ¼ lb. ← Totals → 2.4 Kg 100%



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

Method:

1. Keep meat cold (<40°F/4°C) at all times.
2. Grind meat through medium grinder plate. Return to refrigerator while mixing spices.
3. Mix dry spices; dissolve the spices in H₂O.
4. Work spices well into meat.
5. Soak sausage casings (35 mm size) in water for about an hour.
6. Stuff meat paste into casings and refrigerate.
7. Cook before eating; eat within 5 days.
8. Sausages may be frozen but freezing slightly changes the character of the sausage...It's O.K. but slightly different in taste!

Len Poli – Sonoma, California

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