

## Lykens Valley Scrapple (Pennsylvania)

U.S.	Ingredient	Metric	Percent
3 qts.	Broth, meat, homemade	2700.0 ml	60.75
2 lb.	Head meat, pork, boiled	908.0 g	20.50
10¼ oz.	Corn meal, yellow, toasted	290.0 g	6.50
10¼ oz.	Flour, buckwheat	290.0 g	6.50
5 oz.	Flour, white	145.0 g	3.30
2 Tbs.	Salt	45.0 g	1.00
½ cup	Coriander (un-toasted), ground	45.0 g	1.00
10 tsp.	Marjoram, ground	15.0 g	0.35
1½ tsp.	Black pepper, ground	3.0 g	0.07
1 tsp	Celery seed, ground	2.5 g	0.06
1 tsp	Mace	1.7 g	0.04
<b>10 lb.</b>	<b>← Totals →</b>	<b>4.5 Kg</b>	<b>100%</b>



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

### Method:

1. Skim any fat off of the cold broth.
2. Mix the flours all together and sift them into the cold broth, stirring constantly. Add the salt and spices.
3. Heat until it is really stiff, about 15-20 minutes. [Use a double boiler when cooking the scrapple so the cereal doesn't burn]. Stir "briskly" [or it will gel on the bottom of the pot] as the mixture is heating until the cereals are cooked and it begins to pull away from the side of the pot and barely slides off a wooden spoon.
4. Traditionally, the meat is ground through a 3/16" plate but I chunked the meat because we like meaty scrapple... it's your choice.
5. Add the meat, mixing in well. [This scrapple has more meat than traditional versions and leaves out the pork liver]. You could use 25% ground pork liver or ground pork kidney, heart, or skin.
6. Pour the hot scrapple into pre-greased bread pans; cool thoroughly before slicing and frying.
7. To freeze, slice and freeze individual slices between pieces of butcher paper. Defrost on paper towels.

### Recipe Courtesy of:

**Don Fasnacht - Robert M. Leshner Meats, as modified by Bill Mende**

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