

# Sturgeon Sausage – Salsiccia Storione

Sturgeon (storione) is a very popular fish in Italy, and is still commonly found in Italian rivers, especially the Po. Recipes for sturgeon date back to 1570 Renaissance cooks. It was poached baked, broiled, dried and boiled and often made into sausages. I find the Italian recipe a little dry so I've modified it a bit and also added butter; if you don't want to keep it a 100% fish sausage, you can omit the butter and cream and substitute finely ground pork fat back.



U.S.	Ingredient	Metric	Percent
3¾ lb.	Sturgeon <sup>1</sup>	1700.0 g	70.981
9 oz.	Mascarpone cheese <sup>2</sup>	270.0 g	11.273
4 oz.	Butter, cold	115.0 g	4.802
½ cup	Cream, cold	115.0 ml	4.802
5 Tbs.	Vermouth, dry	70.0 ml	2.923
4½ tsp.	Salt	33.0 g	1.378
2 Tbs.	Dijon mustard	30.0 ml	1.253
1½ Tbs.	Onion powder	12.0 g	0.501
2 tsp.	Smoke, liquid (optional)	10.0 ml	0.418
2 Tbs.	Mushrooms, porcini, dry	8.0 g	0.334
1 Tbs.	Egg white, powder	7.0 g	0.292
2 tsp.	Olives, dry (oil cured)	7.0 g	0.292
2 tsp.	Garlic powder	6.0 g	0.251
2 tsp.	Tarragon, dry	6.0 g	0.251
2 tsp.	Pepper, white	5.0 g	0.209
½ tsp.	Pepper, flakes, red	1.0 g	0.042



29/32mm sheep casings

**5¼ lb. ← Totals → 2.4 Kg 100%**

<sup>1</sup> Any mild flavored, firm flesh white fish can be used. If using smoked sturgeon, omit the liquid smoke from the formulation.

<sup>2</sup> If marscapone is unavailable, cream cheese can be substituted, although it has a different taste. Make sure it is ice cold, or the emulsion will break.

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

## Method:

1. Prepare the spicing as follows: add salt, garlic, onion, egg white powder, pepper and red pepper flakes to a spice mill and pulverize; transfer to a small bowl.
2. Crush the dried porcini into small pieces; do the same to the dry tarragon; add to spice mixture.
3. Pit and chop the dry olives to the consistency of canned chopped olives (which are no substitute!) Add these to the spice mixture along with all the wet ingredients. Mix well, set aside.
4. Cut the fish into 2-inch chunks and process in the food processor to a coarse paste.
5. Add the cheese and the butter and blend them into the fish paste.
6. Now add the spicing concoction and pulse until well amalgamated into the paste.
7. Set aside in the refrigerator for several hours allowing the flavors to meld.
8. Stuff into 29/32mm sheep casings and tie off in 6 inch lengths
9. Poach sausages in 180°F (82°C) water for 10 minutes; remove from heat and allow sausage to cool in their cooking water.
10. Sausages can be served poached or browned in butter.

**Len Poli – Sonoma, California**

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