

Scottish White Pudding



U.S.	Ingredient	Metric	Percent
2¾ lb.	Pork trimmings/belly	1250.0 g	54.49
2¾ cup	Cut Oats/Barley, uncooked	450.0 g	19.36
2½ cup	Flour	330.0 g	14.20
2.0 cup	Onions, leeks or green	200.0 g	8.61
1½ cup	Milk powder	45.0 g	1.94
3 tsp.	Salt	20.0 g	0.86
1¼ tsp.	Garlic, granulated	6.0 g	0.26
2¾ tsp.	White pepper	6.0 g	0.26
2¾ tsp.	Coriander seed	5.0 g	0.22
2¾ tsp.	Ginger, ground	5.0 g	0.22
2¾ tsp.	Sage, dried	3.0 g	0.13
1¼ tsp.	Allspice berries	1.5 g	0.06
1¼ tsp.	Mace, ground	1.5 g	0.06
1½ tsp.	Bay leaf	1.0 g	0.04
	Casing: large beef rounds		
5.0 lb.	← Totals →	2.3 Kg	100.0



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

Method

1. Cook the grain in 6 cups of boiling water for 30 minutes; Drain.
2. Grind the pork and the salt through a fine plate (4.5mm) into a large bowl.
3. Grind the onions (or leeks) through a fine plate and mix well with the pork.
4. In a spice grinder, grind all the spices and white pepper.
5. Add all ground spices and grain into the meat paste; mix well.
6. Work in the flour and powdered milk.
7. If the mixture is too stiff adjust with ice water.
8. Refrigerate several hours or overnight to allow the milk and flour bind the meat.
9. Stuff the sausage mixture into the casings and tie the casings into 6-inch lengths.
10. Poach sausages at 180°F to an internal temperature of 160°F. Do not boil
11. Refrigerate the sausages.
12. When ready to eat, slice and fry them in butter until nicely browned on top and bottom.
13. Alternatively: serve them steamed.

Note: These sausages have a loose, soft texture. Traditionally, these sausage are stuffed in 1½ inch casings-I find it easier to use large beef rounds, but you could use 1½-inch artificial casings

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