

## Zampone –Cooked as an Italian luncheon meat based on the cotechino formulation.

U.S.	Ingredient	Metric	Percent
4 lb.	Pork leg & shoulder	1820.0 g	68.90
1½ lb.	Pork skin	680.0 g	25.75
½ cup	Milk, powdered	50.0 g	1.90
4½ tsp	Salt	33.0 g	1.25
1 Tbs.	Corn syrup	27.0 g	1.00
2½ tsp.	Amesphos	10.0 g	0.38
1 tsp.	Cure #1	6.0 g	0.23
2 tsp.	Gelatin	5.0 g	0.19
¾ tsp.	Vanilla extract	3.0 ml	0.12
1 tsp.	Garlic, powdered	2.8 g	0.11
1 tsp.	Pepper, white	2.5 g	0.10
½ tsp.	Nutmeg	1.0 g	0.04
¼ tsp.	Cloves	0.7 g	0.03
¼ tsp.	Cinnamon	0.5 g	0.02
<b>5¾ lb</b>	<b>← Totals →</b>	<b>2.6 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.**

Zampone (tsam-POH-neh) is a specialty of the city of Modena (Emilia-Romagna). For a classical presentation, zampone is stuffed in a boned out pig's trotter and sewn up on the end. It is usually bought fresh from the sausage shop and cooked at home. Very few old time sausage makers in the U.S. prepare pigs' feet in this manner anymore, so I opted to use a waterproof casing.



**Traditional shape**

### Method:

1. Cut the pork meat into 2-inch cubes and partially freeze and grind once through a largest size (¾ inch or 22mm) plate.
2. Cut the pork skin into 2-inch squares par-boil for 5 minutes then partially freeze; then grind through your largest (22mm) plate then regrind it through the ¼ inch (6.5mm) medium plate.
3. Mix the pork meat and skin and grind all through the medium plate.
4. Add the vanilla and corn syrup to ¾ cup of water and add it to the meat paste, mixing it in completely.
5. Add all the remaining dry ingredients to a spice mill and pulverize them to a fine powder.
6. Combine the meat, skin and dry ingredients together and mix well.
7. Regrind the meat paste mixture through the ¼ inch (6.5mm) medium plate again.
8. Refrigerate over-night to allow the cure to work.
9. Stuff into waterproof casing; clip and tie the ends well to prevent leakage and hold the zampone at room temperature until the meats reach ambient temperature.
10. Poach in 140°F (60°C) water for 90 minutes; raise the temp gradually to 180°F (82°C) and cook for another 60 minutes or until an internal temperature of 160°F (71°C) is reached..
11. Remove from hot water and plunge into an ice bath until the internal temp is approximately 90°F (32°C) then refrigerate for at least 6 hours before slicing.

**Len Poli – Sonoma, California**

**Copyright © (All rights reserved) – February 2005**