

Headcheese – Italian-American Style - Coppa di Testa

U.S.	Ingredient	Metric
2.2 lb.	Pork tongues, whole	1000.0 g
2.2 lb.	Pork snouts, whole	1000.0 g
1.50 lb.	Pork (80% lean), cubed	600.0 g
Pickle		
	Water (1 qt.-1000 ml)	
	Salt (6 Tbs.--130 g)	
	Sucrose (7 Tbs.---60 g)	
	Prague #2 (2 tsp.----14 g)	
Spices		
1 tsp.	MSG	5.0 g
2 tsp.	Onion powder	5.0 g
1 tsp.	Garlic powder	2.8 g
¾ tsp.	White pepper	2.5 g
¼ tsp.	Coriander	0.5 g
<1/8 tsp.	Allspice	0.1 g
<1/8 tsp.	Nutmeg	0.1 g
½ tsp.	Red pepper flakes (opt.)	1.0 g
4 Tbs.	Pine nuts, toasted (opt.)	50.0 ml
5.8 lb.	←Totals →	2.6 Kg

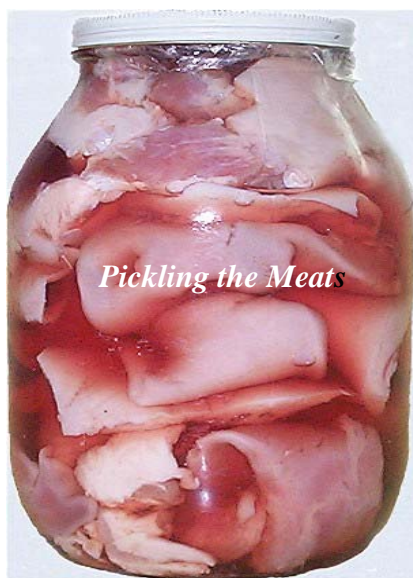
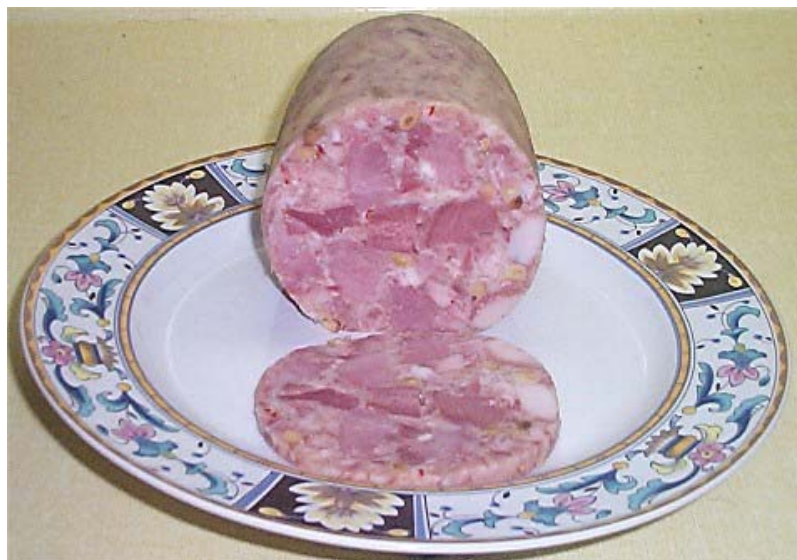
U.S. measurements are approximate; use metric for best results!

Procedure:

Curing the meats: Place the meats in a 1-gallon (4 liter) glass jug. Pour in the pickle; top it off with a little water to completely fill the jug, cover jug, and rotate daily. Cure meat for 5 days at 38°F (3.3°C).

Cooking: Place the tongues in a large stainless steel pot, bring the water to a boil, lower to simmer and cook, for 30 minutes; then add the pork snouts and continue cooking for an additional hour; Now add the pork meat and continue cooking all for an additional ½ hour. Skim and remove scum as meats cook. (Total cooking time: approx. 2 hours). Remove the meats and allow them to cool. Strain the cooking liquid and reduce it to ¼ of its original volume; then remove about ¾ cup (175 ml) of the cooking liquid and reserve. Trim the tongues of any coarse, tough skin and chop into ¾" cubes; trim the snouts of large cartilage and grind them and the pork meat and tongue trimmings through a 3/8" (9 mm) plate. Place the diced tongues and the ground meats in a mixing pan. Add the reserved concentrated cooking liquid. Grind remaining ingredients to a fine powder in a spice mill, add to meats and mix well. Some localities in Tuscany add toasted pine nuts to the seasoned meats.

Stuff: Fill stuffer with seasoned meats and stuff into 4" diameter (100 mm) artificial or collagen casing and tie well. Submerge the stuffed headcheese in pot of water at 180°F (82°C) and cook to an internal temperature of 160°F (71°C). Note: This second cooking will destroy any bacterial contamination from re-handling the meats. Refrigerate for at least 24 hours before slicing. This formula makes a headcheese of approximately 4" x 12" (10 cm x 30 cm).



Len Poli – Sonoma, California

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