

Seafood Sausage - Salsiccia di Pescatore (Fisherman's Sausage)

U.S.	Ingredient	Metric
3/4 lb.	Prawns, raw, shelled	350.0 g
1/2 lb.	Gravlax*	225.0 g
1/2 lb.	Red snapper	225.0 g
1/4 lb.	Butter, ice cold	100.0g
1/3 lb.	Red onion, raw	150.0 g
3 oz.	Cream cheese, ice cold	75.0 g
1 Tbs.	Salt	21.0 g
1 Tbs.	Porcini mushrooms, dried	5.0 g
1 tsp.	Garlic powder	2.5 g
1 tsp.	White pepper	2.3 g
1 Tbs.	Parsley, dried	1.8 g
1/2 tsp.	Red pepper flakes	1.0 g
1/2 cup	Cream	125.0 ml
2¾ lb.	← Totals →	1.3 Kg



Shellfish Options: Use any one or a combination of: Prawns, Clams, Crab, Mussels, Scallops

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

1. Dice the red snapper and Gravlax; lie on a baking sheet and partially freeze the fish.
2. Grind the partially frozen fish through medium plate and mix in the salt; refrigerate for 4 hours.
3. Prepare the shellfish: Peel the shrimp and dice into ¼ inch dice or grind through the large plate. Refrigerate until needed. **Options:** Substitute the shrimp with scallops or/and crab. If you're using mussels or clams (you can substitute canned clams), chop coarsely; reserve any juices. Refrigerate until needed.
4. Chop the onion into a fine dice and lightly caramelize it in olive oil; set aside to cool.
5. Reconstitute the mushrooms in water and dice them, reserving the liquid (add it to any clam juice).
6. Emulsify the snapper and salmon mixture in a food processor; add cream, butter, cream cheese, and any reserved juices and process until smooth and creamy.
7. Add the mushrooms, onions, white pepper, pepper flakes, garlic. Pulse for 5-10 seconds to combine.
8. Remove from processor and fold in the prepared prawns (or scallops, crab, etc.) and parsley.
9. Stuff into large sheep casings or small hog casings; form into 4 inch links sausage
10. Poach for 10 minutes in 180°F (82°C) water.
11. Refrigerate and use at within two days or freeze.
12. This sausage is very delicate and contains no binders such as egg whites. To eat, reheat sausage by lightly browning it in butter. Don't overcook!

*You can use smoked salmon, salmon or trout moistened with a little liquid smoke and a little chopped dill weed.

Len Poli – Sonoma, California

Copyright © (All rights reserved) - July 2001