

Salsiccia Napolitana [Hot Italian Sausage]

INGREDIENTS:

English	Ingredient	Metric
4.5 lb.	Pork butt	2040.0 g
0.50 lb.	Pork fat back	230.0 g
2 Tbs.	Salt	45.0
2 Tbs.	Glucose	25.0 g
2 tsp.	Garlic, powdered	4.5 g
3 tsp.	Paprika, hot	7.0 g
2 tsp.	Pepper flakes, red	3.0 g
0.5 tsp.	Pepper, white, ground	1.5 g
0.5 tsp.	Coriander, ground	0.9 g
1 cup	Ice water	250.0 ml
100 in.	Casing	250.0 cm

METHOD:

1. Grind lean meat and fat separately through 3/16" grinder.. Note: ratio of lean to fat should be about 70%:30% or the sausages will be dry and "mealy". Figure about 15-20% fat comes from pork butt. Keep the meat cold at all times. I place the cubed meats on a tray in the freezer for about 10 minutes or so before grinding
2. Mix the meat with the salt for a couple of minutes. I use a Kitchen-Aid with the paddle attachment.
3. Mix dry spices, add garlic.
4. Dissolve the spices in 1/2 cup H₂O
5. Work spices well into meat. (note: you can add 5 g/lb of food grade polyphosphates to help retain some moisture. I use Amesphosphate from the ingredientstore.com)
6. Stuff into well-rinsed sausage casings (32-35 mm size) and refrigerate.

Eat within 5 days. Freezing changes the character of the sausage slightly...It's O.K. but a little difference in texture!

Len Poli, December -1986, 2000