

## Luganega da Monza - A mild Italian Sausage

U.S.	Ingredient	Metric
3 lb.	Pork shoulder butt	1375.0 g
2 tsp.	Salt	15.0 g
2 oz.	Parmigiano cheese	60.0 g
¾ tsp.	Pepper, white	1.5 g
1/8 tsp.	Nutmeg	0.2 g
1/8 tsp.	Cinnamon	0.1 g
1/3 cup.	Marsala wine	75.0 ml

Casing, 32 mm

3 1/3 lb.   ← Totals →   1.5 Kg



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

### Method:

1. Keep meat very cold at all times. Grind the pork butt through 3/8" plate.
2. Place meat in a plastic mixing tub. Keep the meat paste well chilled.
3. Grate the cheese. Note: I use Parmigiano, which is quite different from "green can" types of commercial Parmesan.
4. Weigh out and mix the dry ingredients
5. Sprinkle and mix the dry ingredients with the meat, slowly adding the wine.
6. Stuff into 32 mm casings, but do not link. This sausage is traditionally left as a coil.
7. Keep it for 24 hours in the refrigerator for the seasonings to develop full flavor in the meat.

This sausage is very delicate and mild and I like it a lot. The main thing to watch regarding spicing is over use of cinnamon. Cinnamon can vary in strength depending upon amount of oil, age, or quality. My scale reads in hundredths of a gram. Ground cinnamon weighs slightly more than fresh ground nutmeg, and errors can occur if you "eyeball it"; so if you "ramp up" the formulation for a larger meat block, you might want to cut back on the cinnamon!

Paolo – March 2001  
Monza, Italy