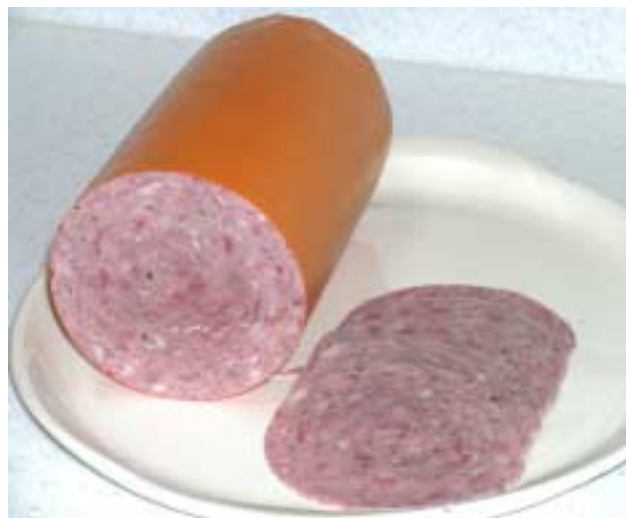


Salame Cotto di Asti

This variation of cooked –cotto- salami comes from the town of Asti, near Turin in the Piedmont area of Northern Italy. There are many variations of this salami which differ in spicing according to local tastes. The American version of this type of salami is called “Cotto Salami”

U.S.	Ingredient	Metric	Percent
4½ lb.	Pork cushion	2050.0 g	82.12
¾ lb.	Pork back fat	350.0 g	14.00
5 tsp.	Salt	37.0 g	1.48
1 tsp.	Cure #1	6.0 g	0.24
1 tsp.	Pepper, black	2.1 g	0.08
½ tsp.	Winter savory (Santoreggia)	0.8 g	0.03
1/8 tsp.	Cinnamon	0.3 g	0.01
¼ tsp.	Lemon balm (Melissa)	0.2 g	0.01
<1/8 tsp.	Clove	0.1 g	0.004
¼ cup	Wine, Barbera	50.0 ml	2.00
	¾ inch (10 cm) water-proof casing		



5½ lb. ← Totals → 2.5 Kg 100 %

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

Method:

1. Grind the pork twice through a 3/8-inch (or 10mm) medium plate.
2. Pulverize all of the dry ingredient (except the black pepper) in a coffee grinder or spice mill.
3. Add dry ingredients to the twice ground meat and mix thoroughly.
4. Regrind the spiced pork through the 3/8-inch (or 10mm) medium plate once more.
5. Mix in the wine and stuff into large water-proof casings and allow to stand at room temperature for a couple of hours.
6. Poach the salami in 185°F (85°C) water and until it reaches an internal temperature of 160°F (71°C).
7. Plunge the poached salami into a tub of ice water for 1 hour, and then remove.
8. Allow to cool further at room temperature before placing in cooler.
9. Dry casing well before placing in cooler.

Len Poli - August, 2005
Sonoma, California