

## Italian Farmhouse Sausage - Salsiccia alla Masseria

U.S.	Ingredient	Metric	Percent
2 lb.	Pork	908.0 g	62.57
½ lb	Pork rind 25%	225.0 g	15.50
4 oz.	Spinach, squeezed dry	125.0 g	8.61
¼ cup	Onion, cooked, chopped	75.0 g	5.17
1 Tbs.	Salt	22.0 g	1.52
3 Tbs.	Parmesan Cheese, grated	18.0 g	1.24
1 Tbs.	Pine nuts, whole, toasted	12.0 g	0.83
2	Egg white, powdered*	10.0 g	0.69
1 clove	Garlic, raw, minced	5.0 g	0.35
1 tsp.	Pepper, black, ground	2.1 g	0.15
½ tsp.	Fennel seed, whole	1.0 g	0.07
½ tsp.	Sage, dry, ground	1.0 g	0.07
½ tsp.	Sugar, table	1.0 g	0.07
¼ tsp.	Nutmeg, ground	0.6 g	0.04
¼ tsp.	Cure #1 (optional)	0.5 g	0.03
3 Tbs.	½ butter - ½ olive oil	45.0 mL	3.10
	32 mm natural casings		0.0
3¼ lb.	<b>← Totals →</b>	1.5 Kg	0.0



\* **5.0 GRAMS OF POWDERED EGG WHITE = 1 FRESH EGG WHITE FROM A LARGE EGG.**

### METHOD:

1. Cut the pork meat into small cubes and partially freeze, and then grind through a small (1/4" or 6.5mm) plate.
2. Cook the pork skin in boiling water for five minutes, drain and cut into small squares; freeze the skin before grinding it twice through a fine (3/16" or 4.5mm) plate.
3. Heat a skillet and add the butter and olive oil; add the onions and garlic and cook until the onions are fairly wilted but not brown.
4. Stir in the spinach (chopped) and mix with the onions and then remove from the heat; let cool.
5. Grind the spinach-garlic-onion mixture through a small (1/4" or 6.5mm) plate.
6. Mix all the ingredients together in the mixer set on low speed for 5 minutes.
7. Stuff into 32 mm casings and link off into 5" (13cm) sausages.
8. Grill or pan fry and serve with polenta or risotto.

**Len Poli – April, 2005**  
**Sonoma California**