

## Len's Bologna

U.S.	Ingredient	Metric Wt.
3 lb.	Beef, lean	1400.0 g
2 lb.	Pork shoulder	900.0 g
¼ lb.	Liver*	100.0 g
1¼ cup	NFD Milk	100.0 g
5 tsp.	Salt	35.0 g
3 tsp.	Phosphate	12.5 g
1 tsp.	Cure#1	7.0 g
3 tsp.	Paprika	6.4 g
1¼ tsp.	MSG	6.0 g
2 tsp.	Onion powder	6.0 g
2 tsp.	Pepper, white, ground	5.0 g
1 ½ tsp.	Garlic powder	4.5 g
1 tsp.	Mustard seed, ground	3.3 g
1½ tsp.	Coriander seed, ground	3.0 g
¼ tsp.	Sodium erythorbate	2.0 g
1 tsp.	Nutmeg, ground	1.3 g
¾ cup	Water	175.0 ml
	100mm Collagen casing	

**6 lb.**                      ← Totals →                      **2.75 Kg**



\*Optional: If you prefer not to use liver, replace it with bacon.

### Method:

1. Grind chilled meats through a 3/16-inch plate.
2. Sprinkle ingredients over meat, mix well, re-chill and regrind through 1/8' plate.
3. Emulsify in food processor to a smooth paste.
4. Stuff into 100mm diameter artificial casing.
5. Hang bologna in a 190°F smokehouse until internal temperature reaches 160°F.
6. Remove sausage from smokehouse and immediately place in cold water until the internal temperature is 100°F.
7. Hang sausage at room temperature until surface is dry and then refrigerate.

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