

Cervelas – French Boiling Sausage

| U.S. | Ingredient | Metric | Percent |
|---------|------------------|----------|---------|
| 3½ lb. | Pork, lean | 1600.0 g | 68.82 |
| 1 lb. | Pork trimmings | 455.0 g | 17.86 |
| ½ lb. | Pork back fat | 230.0 g | 9.03 |
| 1 cup | Dry milk powder | 69.0 g | 2.71 |
| ½ cup | Pistachio nuts, | 60.0 g | 2.36 |
| 4 Tbs. | Cognac | 50.0 ml | 1.96 |
| 2 Tbs. | Salt | 45.0 g | 1.77 |
| 1 Tbs. | Glucose | 9.0 g | 0.35 |
| 1¼ tsp. | Cure #1 | 7.5 g | 0.29 |
| 1 Tbs. | Pepper, white | 7.0 g | 0.28 |
| 1 tsp. | Cure | 6.0 g | 0.24 |
| 3 tsp. | Garlic powder | 6.0 g | 0.24 |
| ¾ tsp. | Nutmeg, ground | 1.5 g | 0.06 |
| ½ tsp. | Thyme, ground | 1.0 g | 0.04 |
| | 38mm hog casings | | |



5½ lb. ←Totals → 2.5 Kg 100%

Method:

1. Cube and partially freeze the fat and grind it through a small (¼" or 6.5mm) plate.
2. Blanch the fat in boiling water for 3 minutes then drain. Rinse it with cold water until cool, drain on absorbent paper, and refrigerate until needed.
3. Cube and partially freeze the pork meat and trimmings and then grind them through a medium (10mm or 38") plate; then regrind twice through a fine (4.5mm or 3/16") plate.
4. Combine all the remaining ingredients (except the ground back fat and pistachios) in a mixer and mix for 5 minutes and then re-chill the meat to 40°F (4°C).
5. Transfer the meat paste to a processor and emulsify the paste (add shaved ice to keep the temp below 55°F (13°C)).
6. When the paste is emulsified, add the ground pork back fat and pulse several times to incorporate it...you are not trying to emulsify the added fat!
7. Stir the pistachio nuts into the paste, being careful to keep them from breaking.
8. Stuff the casings and tie the filled casing into 5" long sausages and to puncture the skin over any visible air pockets with a fine needle.
9. Place the sausages in a refrigerator and allow them to cure and develop flavor for 3 hours.
10. Cook the sausages in a large pot of the water and slowly bring up the temperature 175 to 185°F (80 to 85°C); poach the sausages to an internal temperature of 160°F (71°C).
11. Immediately transfer the sausages to an ice bath and cool to less than 40°F (4°C).

Len Poli – April, 2005
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