

Cotechino

| U.S. | Ingredient | Metric | Percent |
|----------|------------------|----------|---------|
| 3¾ lb. | Pork butt | 1700.0 g | 63.0 |
| 1½ lb. | Pork skin | 680.0 g | 25.2 |
| 1/3 lb | Pork fat | 149.0 g | 5.5 |
| 5 tsp | Salt | 35.0 g | 1.3 |
| 2 tsp. | Dextrose | 15.0 g | 0.6 |
| 1/3 oz. | Amesphos* | 10.0 g | 0.4 |
| 1/2 tsp. | Cure #1 (Prague) | 3.0 g | 0.1 |
| 1 tsp. | Garlic, powdered | 2.8 g | 0.1 |
| 1 tsp. | Pepper, coarse | 2.5 g | 0.1 |
| 1/8 tsp. | Cloves, ground | 0.7 g | 0.1 |
| 1/2 tsp. | Marjoram, ground | 0.3 g | 0.09 |
| 1/8 tsp. | Nutmeg, ground | 0.2 g | 0.08 |
| 1/8 tsp. | Cinnamon, ground | 0.1 g | 0.01 |
| 1/8 tsp. | Thyme, ground | 0.1 g | 0.01 |
| 1/2 cup | White wine, dry | 100.0 ml | 3.7 |



2" beef rounds

6 lb. ← **Totals** → **2.7 Kg** **100%**

Method:

1. Cut pork skins in 1/2" x 2" strips and parboil for 15 minutes; Chill well, until almost frozen; then grind through a coarse plate of the grinder.
2. Cut up pork butt and pork fat (keep very cold to prevent smearing) and grind through a coarse blade. Return to the refrigerator, until needed.
3. Mix the meats with the salt and cure, stirring and mixing until the meat becomes sticky.
4. Add spices, wine, water; Mix in all the other ingredients well.
5. Refrigerate for 24 hrs. before stuffing. Remix.
6. Stuff into beef casings.
7. Tie off at 6" intervals. Allow casings to air dry.
8. Refrigerate 24 hrs. before using.
9. This sausage is traditionally boiled and often eaten as part of a "bollito misto" (boiled dinner). Some families have a tradition of eating cotechino with lentils on New Years Eve.

*Available from <http://theingredientstore.com>

Len Poli - 1992, revised spicing 2001
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