

Lebanon-Style Country Bologna

U.S.	Ingredient	Metric
5 lb.	Beef, very lean	2270.0 g
5 tsp.	Salt	35.0 g
2 Tbs.	Sugar, brown	25.0 g
1 Tbs.	Mustard, ground	11.0 g
1 tsp.	Cure #2	6.0 g
1 ½ tsp.	Phosphate	6.0 g
1 tsp.	Pepper, white	2.8 g
½ tsp.	Ginger, ground	1.9 g
½ tsp.	Mace, ground	1.9 g
1/8 tsp.	Lactic starter culture	0.2 g
5 ¼ lb.	←Totals →	2.4 Kg



Method:

1. Trim the meat to approximately 90% lean and of all sinew, silver skin and cartilage.
2. Chill the beef and grind through a ½ inch plate then and mix in both the salt and cure.
3. Hold for 4 days at 34°F, draining off any liquid that forms, then re-grind through a ¼ inch plate.
4. Mix the meat paste with the sugar, phosphate, spices; then add the starter culture, which is dissolved in about 2 tablespoons of distilled water + pinch of glucose.
5. Stuff into 3 inch diameter fibrous casings and record the weight of the bologna.
6. Incubate for 24 hours @ 85°F and 80% RH.
7. Allow to cool to 58°F and hold for 3-5 days or until moisture is reduced and bologna has lost 30% of its green weight (see #5, above).
8. Cold smoke at 85-90°F for a 48 hour period.
9. Refrigerate for several hours before slicing and eating.

Note: I smoked with a combination of hickory and oak in a metal smoker cabinet. The sausage is processed traditionally in outdoor wooden smokehouses using a wood fire inside the house and a metal baffle plate to direct the heat.

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