

Liverwurst – Leberwurst, Braunschweiger Art

U.S.	Ingredient	Metric
3 lb.	Pork shoulder	1360 g
2 lb.	Liver (beef, pork or chicken)	900 g
1 lb.	Beef chuck, lean	454 g
¾ lb.	Pork back fat	340 g
¾ cup	NF Milk powder	58 g
2 Tbs.	Salt	40 g
7 tsp.	Onion powder	27 g
1 tsp.	Liquid smoke	8 ml
1 tsp.	Cure #1	7 g
1 pkg.	Gelatin	5 g
2 tsp.	Pepper, white, ground	5 g
1 Tbs.	Marjoram, ground	4 g
1 tsp.	Ginger, ground	2 g
½ tsp.	Nutmeg, ground	1.5 g
½ tsp.	Coriander, ground	1 g
7 lb.	←Totals →	3.2 kg



Smoked Liverwurst
Artificial - Natural casings

Un-smoked Liverwurst
Natural - Artificial casings



Method:

1. Partially freeze liver, pork, beef, fat; grind through fine; partially re-freeze, then grind again.
2. Add meats to a mixer along with the remaining ingredients.
3. Mix thoroughly--about 6-7 minutes
4. Process the ground meats chopped in the food processor until very fine, adding the gelatin moistened in ¼ cup of cold water.
5. Emulsify the meat paste in the food processor...it may be necessary to do this in 3 or 4 batches. Stuff into natural or artificial casings.
6. Poach in 165°F water to internal no higher than 150°F—about 90 min.
7. Chill rapidly in ice and water. After chilling, if artificial casings were used, dip liverwurst in boiling water for 20 seconds to shrink the casing.
8. Allow sausages to air dry completely—2-3 hours—depending on conditions (or use a small fan to speed things up)
9. Apply a heavy smoke for 3 hours. Chill in cold water to 100°F, then refrigerate 12 hours before use.

Note: Braunschweiger is a smoked liverwurst. If you prefer un-smoked liverwurst, omit step 9.

Len Poli
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*Note: About 29% of the meat block is liver. Pork liver has the strongest flavor; chicken liver has the mildest. Calf's liver should be pale and pinkish in color; beef liver is darker and has a stronger taste and odor. Liver should have a bright color with a moist but not slimy surface and smell fresh. Store it loosely wrapped in the refrigerator for no more than 1 day.