

## Ring Bologna

U.S.	Ingredients	Metric
2-1/2 lb	Pork shoulder	1150.0 g
2-1/2 lb	Beef plate	1150.0 g
1-1/2 Tbs.	Salt	33.0 g
2/3 cup	Skim milk powder	55.0 g
1/3 cup	Soy protein	30.0 g
1-1/2 Tbs.	Dextrose	18.0 g
1 Tbs.	Phosphates	12.5 g
1 tsp	Cure #1	6.0 g
1-1/2 tsp	White pepper	3.5 g
1-1/2 tsp	Paprika	3.0 g
1 tsp	Nutmeg	2.2 g
1/2 tsp	Garlic powder	1.4 g
1/2 tsp	Allspice	1.0 g
1/2 tsp	Coriander	1.0 g
1 cup	Ice water	250.0 ml
	Beef rounds	



Note: I used metric weigh/volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurement.

### Method:

1. Prepare the casings. Soak beef rounds for two hours.
2. Grind the meat (partially frozen), using a cutting plate with 1/8 " holes.
3. Dissolve the salt, cure and phosphate in 1/2 cup warm water; then chill to 38° F. Thoroughly mix the meat with the salt/cure/phosphate solution. Refrigerate for approx. 1 hour while preparing remaining ingredients.
4. Mix all the remaining dry ingredients together and stir them well to blend.
5. Thoroughly mix the meat with the spice mixture. Use your hands (or mixer) and mix well.
6. Divide the mixture into three parts; emulsify each batch in the food processor. Add a little ice water from time to time to keep the mixture below 55° F; then combine and mix the emulsified batches.
7. Stuff the mixture tightly into 2-foot lengths of casing. Tie the two ends of each together to form rings and place on smoke sticks. Air dry, using fan on gentle speed.
8. Place in 100° F pre-heated smoker temperature for 1 hour, damper 1/2 open. After 1 hour, raise temp to 130° F for another hour; finally raise temperature to 160° F. Smoke until an internal temperature of 155° F is reached. I applied smoke for only 80 minutes throughout total cooking time.
9. Quickly cool bologna by immersing it in cold water then refrigerate.

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