

Head Cheese - Coppa di Testa

| U.S. | Ingredient | Metric |
|----------------|----------------------------|---------------|
| 2.2 lb. | Pork tongues, whole | 1000.0 g |
| 2.2 lb. | Pork snouts, whole | 1000.0 g |
| 1.50 lb. | Pork (80% lean), cubed | 600.0 g |
| Pickle | | |
| | Water (1 qt.-1000 ml) | |
| | Salt (6 Tbs.--130 g) | |
| | Sucrose (7 Tbs.---60 g) | |
| | Prague #2 (2 tsp.----14 g) | |
| Spices | | |
| 1 tsp. | MSG | 5.0 g |
| 2 tsp. | Onion powder | 5.0 g |
| 1 tsp. | Garlic powder | 2.8 g |
| ¾ tsp. | white pepper | 2.5 g |
| ¼ tsp. | coriander | 0.5 g |
| <1/8 tsp. | Allspice | 0.1 g |
| <1/8 tsp. | Nutmeg | 0.1 g |
| ½ tsp. | Red pepper flakes (opt.) | 1.0 g |
| 4 Tbs. | Pine nuts, toasted (opt.) | 50.0 ml |
| 5.8 lb. | ←Totals → | 2.6 Kg |

Pickling the Meats



Cooked Loaf



Ready for sandwiches!

U.S. measurements are approximate; use metric for best results!

Procedure:

Curing the meats: Place the meats in a 1 gallon (4 liter) glass jug. Pour in the pickle, top it off with a little water to completely fill the jug, cover jug, rotate daily. Cure meat for 5 days at 38°F (3.3°C).

Cooking: Place the tongues in a large stainless steel pot, bring the water to a boil, lower to simmer and cook, for 30 minutes; then add the pork snouts and continue cooking for an additional hour; Now add the pork meat and continue cooking all for an additional ½ hour. Skim and remove scum as meats cook. (Total cooking time: approx. 2 hours). Remove the meats and allow them to cool. Strain the cooking liquid and reduce it to ¼ of its original volume; then remove about ¾ cup (175 ml) of the cooking liquid and reserve. Trim the tongues of any coarse, tough skin and chop into ¾" cubes; trim the snouts of large cartilage and grind them and the pork meat and tongue trimmings through a 3/8" (9 mm) plate. Place the diced tongues and the ground meats in a mixing pan. Add the reserved concentrated cooking liquid. Grind remaining ingredients to a fine powder in a spice mill, add to meats and mix well. Some localities in Tuscany add toasted pine nuts to the seasoned meats.

Stuff: Fill stuffer with seasoned meats and stuff into 4" diameter (100 mm) artificial or collagen casing and tie well. Submerge the stuffed head cheese in pot of water at 180°F (82°C) and cook to an internal temperature of 160°F (71°C). Note: This second cooking will destroy any bacterial contamination from re-handling the meats. Refrigerate for at least 24 hours before slicing. This formula makes a headcheese of approximately 4" x 12" (10 cm x 30 cm).