

Cotechino – A Northern Italian Boiling Sausage

U.S.	Ingredient	Metric	Percent
3¾ lb.	Pork butt	1700.0 g	53.25
1½ lb.	Pork skin	680.0 g	40.00
¼ lb.	Pork fat	115.0 g	6.75
5 tsp.	Salt	35.0 g	2.00
2 tsp.	Dextrose	15.0 g	0.88
1/3 oz.	Sausage Phosphates*	10.0 g	0.60
½ tsp.	Cure #1 (Prague)	3.0 g	0.18
1 tsp.	Black pepper, crushed	2.5 g	0.15
1/8 tsp.	Cloves, ground	0.7 g	0.04
1 tsp.	Garlic, powdered	2.8 g	0.16
½ tsp.	Marjoram, ground	0.3 g	0.02
1/8 tsp.	Nutmeg	0.2 g	0.01
1/8 tsp.	Cinnamon, ground	0.1 g	0.01
1/8 tsp.	Thyme	0.1 g	0.01
½ cup	White wine, dry	100.0 ml	6.00



6 lb. ← Totals → 2.7 Kg 100%

* See my website/ Introduction Page

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

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 hours before stuffing. Remix the paste.
6. Stuff into beef casings; tie off at 6" intervals. Allow casings to air dry.
7. Refrigerate 24 hours before using.
8. 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.

Len Poli – Sonoma, California

Sonoma Mountain Sausages

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