LUGANECA-ANOTHER VARIATION

This formulation is from the Provinca Emiglia, Italy, which is the very epicenter of Luganeca country.

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Ingredient</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 lb.</td>
<td>Pork shoulder</td>
<td>2268.0 g</td>
</tr>
<tr>
<td>3 tsp.</td>
<td>Salt</td>
<td>65.0 g</td>
</tr>
<tr>
<td>½-cup</td>
<td>Parmigiano cheese</td>
<td>65.0 g</td>
</tr>
<tr>
<td>2 tsp.</td>
<td>Pepper</td>
<td>4.5 g</td>
</tr>
<tr>
<td>1 tsp.</td>
<td>Rosemary, fresh</td>
<td>2.5 g</td>
</tr>
<tr>
<td>½-clove</td>
<td>Garlic</td>
<td>2.5 g</td>
</tr>
<tr>
<td>½-tsp.</td>
<td>Nutmeg, ground</td>
<td>1.5 g</td>
</tr>
<tr>
<td>½-cup</td>
<td>White wine, dry</td>
<td>125 ml</td>
</tr>
</tbody>
</table>

Large sheep casings

5½-lb. ↔ Totals → 2.5 Kg

This formulation is based on metric measures; U.S. measures are approximate!

Procedure:

1. Chill the meat to slightly above freezing.
2. Grind meat twice through ¼”-inch plate.
3. Finely mince the fresh rosemary and garlic.
4. Mix all ingredients well and stuff into Sheep casing.
5. Form a coil about the size of a dinner plate (12in. diameter)

Note: in some areas the cheese is optional.

This excellent sausage may be prepared four ways:
- Roasted in white wine ("Vino bianco, secco")
- Cooked in a tomato sauce
- Pan fried with a little water
- Grilled

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Sonoma Mountain Sausage Company - Santa Rosa, California