

Luganeca-Piacenza

Len,

As I had previously corresponded with you, I have finally received a true recipe for LUGANECA. The formulation comes from my cousin, Andrew Agliotti of Piacenza, Province of Emilia, Italy. That is the very epicenter of Luganeca country. You very correctly state that these sausages have no fixed formulation; and vary from town to town. The herbs give it a very distinctive flavor.

John



U.S.	Ingredient	Metric	Percent
5 lb.	Pork shoulder	2270.0 g	89.00
3 tsp.	Salt	25.0 g	1.0
2 tsp.	Pepper	4.0 g	0.16
½ clove	Garlic, crushed/minced	3.0 g	0.12
1 tsp.	Rosemary, fresh, finely minced ¹	1.0 g	0.05
½ tsp.	Nutmeg	1.0 g	0.04
½ cup	Parmigiano cheese, grated ²	120.0 cc	4.70
½ cup	Dry white wine	125.0 ml	4.90

5 lb. ← Totals → 2.5 Kg 100.00

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

1- I grow my own rosemary. Use ½ the amount for dry rosemary

2- Optional in some locales

METHOD:

All of the standard sausages making rules apply. Mix all ingredients well and stuff into Sheep casing. Form a coil about the size of a dinner plate (12in. diameter) The Italian instructions are as follows: "*Si amalgama bene il tutto e si mette nel budello da pecara.*", which translates as "mix everything well and stuff into sheep casings".

This excellent sausage may be prepared four ways:

Roasted in white wine "Vino bianco secco"

Cooked in tomato sauce

Pan fried with a little water

Grilled

Submitted by:

John Posoli - Annapolis, Md.

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