

Tuscan style Headcheese - Testa in Cassetta or Soppressata

U.S.	Ingredient	Metric	Percent
1¾ lb.	Pork meat, 100% lean	800.0 g	32.78
1¾ lb.	Pork tongues	800.0 g	32.78
1¾ lb.	Pork snouts	800.0 g	32.78
4 Tbs.	Pine nuts	30.0 g	1.23
1½ tsp.	Pepper black, ground	3.0 g	0.12
¾ tsp.	Nutmeg	1.8 g	0.07
1 tsp.	Mace	1.5 g	0.06
¼ tsp.	Ascorbic acid	1.3 g	0.05
½ tsp.	Pepper red, flakes	1.2 g	0.05
½ tsp.	Rosemary	0.6 g	0.03
¼ tsp.	Cinnamon	0.4 g	0.02
⅛ tsp.	Clove	0.3 g	0.01
1 Tbs.	Pepper, red, sweet	0.2 g	0.01
5 ¼ lb.	← Totals →	2.4 Kg	100%



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

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. Cure meat for 5 days at 38°F (3.3°C).

**Pickle-per liter: Water (1 qt.--1000 ml) Sucrose (7 Tbs.---60 g)
 Salt (6 Tbs.---130 g) Prague #2 (2 tsp.----14 g)**

Cooking:

1. Place the cured tongues in a large stainless steel pot, bring the water to a boil, lower to simmer and cook, for 30 minutes; then add the cured pork snouts and continue cooking for an additional hour. Skim and remove scum as meats cook.
2. 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.
3. Trim the tongues of any coarse, tough skin and the snouts of large cartilage; chop them and the raw cured pork meat into approximately ¾" chunks.
4. Place the diced meats in a mixing pan and add the pine nuts, pepper flakes, chopped sweet pepper, and the reserved concentrated cooking liquid.
5. Grind remaining ingredients to a fine powder in a spice mill; add to meats, mixing well.
6. Stuff into 4" diameter (100 mm) waterproof cooking casing and tie well. Submerge in pot of 180°F (82°C) water and cook to an internal temperature of 160°F (71°C).
7. Refrigerate for at least 24 hours before slicing.



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