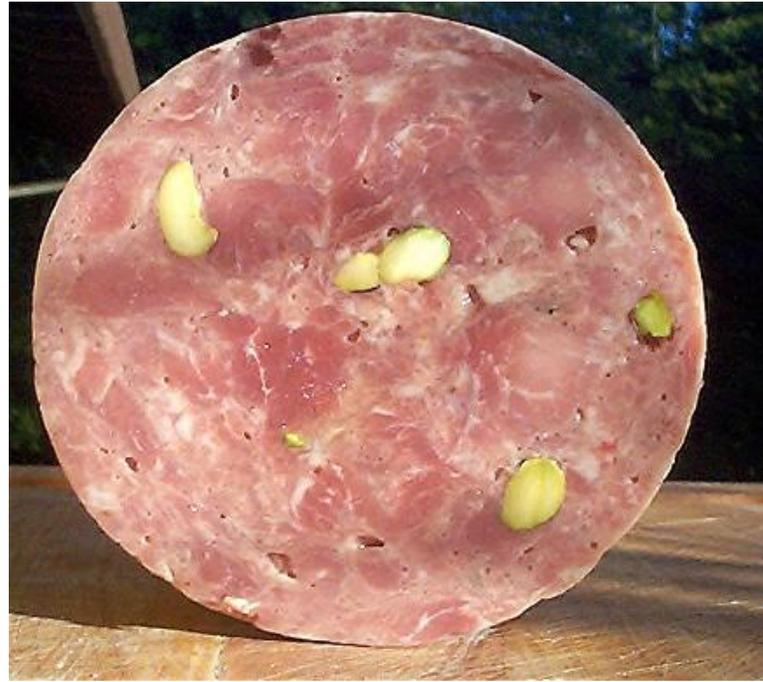


## GALANTINA – An Italian-style chopped ham luncheon meat

U.S.	Ingredient	Metric	Percent
6 lb.	Fresh ham meat	2700.0 g	91.80
2/3 cup	Pistachio nuts, whole	75.0 g	2.80
2 Tbs.	Salt	40.0 g	1.50
1½ oz.	Marsala wine	40.0 ml	1.50
2 Tbs.	Sucrose	25.0 g	0.90
4 tsp.	Sodium phosphates	15.0 g	0.56
1 tsp.	Cure #1	7.0 g	0.25
½ tsp.	Gelatin	5.0 g	0.20
2 tsp.	Pepper, white	5.0 g	0.20
1 tsp.	Onion powder	3.0 g	0.10
1 tsp.	Garlic	3.0 g	0.10
½ tsp.	Allspice	1.0 g	0.04
½ tsp.	Celery seed	1.0 g	0.04
¼ tsp.	Cinnamon	0.5 g	0.02
<b>6.5 lb.</b>	<b>←Totals →</b>	<b>2.9 Kg</b>	



*Galantina Loaf*

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



### Method:

1. Cut the pork as follows: 85% of it should be cut into very lean ½ to ¾ inch random pieces; 15% should be ground through a 1/8-inch [3.0 mm] fine plate.
2. Mix the salt, sugar and cure into the meat. Refrigerate for minimum of 6 hours (overnight OK) and allow the meat to cure.
3. Weigh out, mix and grind the remaining ingredients (except the nuts) to a fine powder in a spice grinder and add them, along with the Marsala wine and the pistachio nuts, to the meat; mixing in well.
4. Stuff into 4 ½ inch water-proof casing and clip, with hogging ring.
5. Simmer in 180°F (82°C) water for 2 hours. Hold in water until internal temperature is 150°F (66°C).
6. Allow to cool in ice water to room temperature.
7. Refrigerate several hours before use.

**Recipe by: Len Poli – Sonoma Mountain Sausage - Sonoma, California**  
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\*Phosphates: a commercial product used to assist moisture retention in the mixture; contains Sodium tripolyphosphate, Tetrasodium pyrophosphate, and Sodium hexametaphosphate. Available from [Butcher-Packer.com](http://Butcher-Packer.com)