

**Recipe Name: Fresh Loukaniko - Greek Sausage (Len Poli)**

Variation Name:

Date entered: 1/8/2012

15% max liquid absorption (% of meat weight)(default 15%)

Date used: 1/16/2012

0% liquid added by packer (% of meat wt.)(default:0%)

For 'skin-on' brined meats, reduce weight entry by 10%

Ingredients:			state: cook before eating	cure not necessary	
kg.	est.volume	grams	pct.	item	
				<b>style: fresh</b>	(from below) fat: 31.0%, salt: 1.40%
					nitrite: 00 ppm, nitrate: no nitrate
0.03600	6.04 tsp	36.000	1.40%	salt (non-iodized)	note <salt>
1.13500		1,135.000	44.00%	Lamb	<note>meat 1
1.135		1,135.000	0.440	Pork Class II-A: <30%. Pork butt	<note>meat 2
0.20000		200.000	7.75%	Bacon, pork ends & pieces	note <meat 3>
0.05000	50.00 ml	50.000	1.94%	wine (dry red)	note <water 13>
0.00200	.95 tsp	2.000	0.08%	pepper (black)	note <herb/spice 17>
0.00450	1.80 tsp	4.500	0.17%	garlic (fresh)	note <herb/spice 18>
0.00200	1.05 tsp	2.000	0.08%	anise	note <herb/spice 19>
0.00200	1.33 tsp	2.000	0.08%	marjoram (dried)	note <herb/spice 20>
0.00060	.26 tsp	0.600	0.02%	cinnamon (ground)	note <herb/spice 21>
0.00050	.26 tsp	0.500	0.02%	allspice (ground)	note <herb/spice 22>
0.01200	3.00 tsp	12.000	0.47%	orange zest	note <herb/spice 23>
2.5796	total weight, kg.		...of sausage (ignores casing)		

0.0360	salt weight, kg.	1.40%	salt weight, wt. %	...salt (including cure)
-	sugar weight, kg.	0.00%	sugar weight/wt. %	...sugar (including cure)
		00 ppm	Nitrites (bulk)	
		no nitrate	Nitrates (bulk):	
0.80	est. total fat, kg.	31.0%	fat %	...estimate
1.72	est. total water, kg.	66.7%	water % (natural + packer + recipe liquids)	...estimated water (all forms)

Batch #/Wt/Date:	2	2.5796	1/16/2012
Cook Note 1	Needs salt!		
Cook Note 2	Batch 2, added bacon, which seemed to help.		
Cook Note 3	Excellent.		
Cook Note 4	<cooking note 4>		

**This Recipe - - NOTES:** based on [http://lpoli.50webs.com/index\\_files/Loukaniko%20Fresh.pdf](http://lpoli.50webs.com/index_files/Loukaniko%20Fresh.pdf) Uses 50 ml Greek red wine (substitute syrah)  
 Suggests soaking hog casings in orange juice for 30 minutes  
 Air dry 4 hrs, then refrigerate.

**This Recipe - - Rating:** **Good**

**Resources** casing: hog other: butchers' twine

**Raw Material Treatment**

- step 1 Cut meat into 1-1/2" cubes. Grind meat with 3/8" plate, optionally pork fat with 3/16" plate.
- step 2 Pound garlic & salt together. Dissolve garlic/salt in liquid. Add all ingredients. Mix until primary bind.
- step 3 Soak hog casings in orange juice for 30 minutes
- step 4 <RMT 4>

**Finished Product Treatment**

- detail 1 Stuff into 32-36mm hog casings. Hang to dry at room temp for 1 hr before refrigerating.
- detail 2 Fresh: refrigerate and consume or freeze within 3 days.

## Abstract:

Pickle: Cut meat into 1-1/2" cubes. Mix garlic/salt/liquid with meat. Chill, rest 1 hr. to overnight.

Grind: Chill. Grind meat with 3/8" plate, optionally fat with 3/16" plate. Chill.

2nd Grind: <Grind 2>

Mix: Add all ingredients. Mix until primary bind. Chill.

Stuff & Tie: Soak hog casings in orange juice for 30 minutes. Stuff into 32-36mm hog casings.

Rest: Hang to dry at room temp for 1 hr.

Smoke: DO NOT SMOKE.

Cool: <Cool>

Store: Refrigerate and consume or freeze within 3 days.

Package: Vacuum plastic pack.