

## **Charcuterie: Practice Recipes**

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*The Ethical Meat Handbook*

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### **FRESH SAUSAGE**

#### **PRACTICE: Garlic Thyme Sausage**

2.5 lb pork lean trim (70%)

1 lb pork fat trim (30%)

1 oz. kosher salt (1.75%)

0.7 oz. black pepper

0.2 oz dried thyme

$\frac{3}{4}$  C white wine (10-14%)

10 ft hog casings

Mix all, then grind as cold as possible through the coarse die of the meat grinder. Send  $\frac{1}{2}$  of the ground mixture back through the same die again. Test, then stuff into natural hog casings.

### **EMULSIFIED SAUSAGE**

#### **PRACTICE: Liver Pate**

2 lb. livers

$\frac{1}{2}$  C. sweet yellow onion, grated

2 T. garlic, grated

2 T. kosher salt

1 t. black pepper

$\frac{1}{2}$  t. quatre epices

2 T. flour

2 eggs

2 T. bourbon

$\frac{1}{2}$  C. cold heavy cream

In small bowl combine flour, eggs, bourbon and cream and then refrigerate. Grind livers, as cold as possible, through the fine die of the meat grinder then add the onion, garlic, pepper and quatre epices. Mix thoroughly. Grease a loaf pan and prepare a water bath. Add cold cream mixture (this is the panade) to the liver emulsification, combine thoroughly, then pour into the loaf pan. Cover with foil and bake 300F in a water bath until internal temperature of the pate is 160F, about 1 $\frac{1}{2}$  hours. Remove from oven and weight immediately, allowing the pate to cool to room temperature. Chill, weighted, in the refrigerator overnight before serving.

### **TERRINE**

#### **PRACTICE: Headcheese**

1 pigs head & 1 pig trotter (plus extra skin, if you wish) brined overnight in 1.5 gal water and 1 box (3 lb.) kosher salt  
2 whole leeks or onions with stalks, roughly chopped  
3 large carrots, roughly chopped  
3 celery ribs, roughly chopped  
1 whole corm garlic, smashed to loosen cloves  
½ bunch marjoram  
½ bunch thyme  
4-5 sprigs rosemary  
½ bunch parsley  
6 bay leaves  
1 whole nutmeg  
6-8 whole cloves  
2 T. whole peppercorns  
1 T. whole coriander  
1 t. whole juniper berry  
1 t. red pepper flakes  
1 bottle dry white wine  
2 T. balsamic vinegar  
At least 2 T salt, or more, to taste  
Cheesecloth

Remove head and trotter (and skin, if using) from brine, rinse thoroughly. Place in a pot and fill pot with cold water. Add all vegetables and a sachet of the herbs and spices. Bring to a boil and cook until the lower jaw loosens. Remove head and trotter from broth, but save the broth, keeping it warm. When head is cool enough to handle, pull all meat (plus tongue, etc) from the bone and place in a bowl. Add the vinegar, salt and red pepper flakes. Mix well. Press all into a greased loaf pan then ladle the gelatin-rich broth over top. Allow to cool to room temperature, weighted, then weight and chill in refrigerator overnight before serving.

### **WHOLE MUSCLE DRY CURE**

#### **PRACTICE: Bacon**

Per 5# meat  
3.5 oz. kosher salt  
1.75 oz. brown sugar  
1 t. cure #1  
3-4 cloves garlic, minced  
black pepper, juniper, rosemary, bay leaf, etc.

### **WHOLE MUSCLE WET CURE**

#### **PRACTICE: Canadian Bacon or Loin Bacon**

1 gal water  
1 lb. kosher salt  
½ lb. brown sugar  
2 T. cure #1  
2-4 garlic cloves, smashed  
juniper berry, whole peppercorn, thyme, bay, clove, red pepper flake, etc.