

LONGANISA
A delicious Philippine sausage

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LONGANISA is the Philippine version of Spanish Longaniza sausage. Depending the region of the Philippines the flavor and size will vary. The amount of garlic, salt or vinegar is usually the difference.

5 lb. pork butt or port shoulder
or pork that is 70% lean-30% fat
10 cloves crushed garlic
1 medium onion chopped fine
1 Tb. salt
5 tsp. brown sugar
1/3 tsp. ground bay leaf or 1 leaf finely chopped
1 tsp. fresh ground black pepper
1/2 cup soy sauce
1/4 cup wine vinegar
1/2 tsp. Oregano
2 Tb. Paprika

Optional: 2 tsp. red pepper flakes (or to taste)

*Add 1 level teaspoon of Cure #1 if sausage is to be dried and / or smoked.

Cut the pork into small cubes or coarse grind using a 2- or 3-hole kidney plate. Mix salt, sugar, and freshly ground pepper. Sprinkle over pork, mixing well. Add garlic and onion mixing well. Cover in non-metal container and set aside in refrigerator. In the meantime, bring to a boil, the soy sauce, vinegar, bay leaves and oregano. Pour cooled liquid over pork and mix well. Cover tightly and refrigerate at least 24 hours.

Remove from refrigerator, overhaul (remix) and then grind using a 3/8" plate. You may stuff the mixture during this grind, using a stuffing tube, into 32 to 35 mm hog casings, linking every 3-4 inches. Or you may stuff using a sausage stuffer. Traditional Longanisa is *dried and / or smoked; however, it can be kept fresh or frozen and cooked. To cook, cover with water, allowing it to boil away so the sausage fries in the remaining oil until browned and internal temperature is 155° F.

Longanisa can be eaten by itself or sliced and served on rice or stir fried with onion, bell peppers, garlic and olive oil. Also, good served over pasta with Kalmata olives and Feta cheese.



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