



## BOUDIN RECIPES

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26 Lyerly St.    Houston, TX 77022    713-691-2935    800-356-5189    Fax: 713-691-3250

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**Boudin Blanc (Or "White Boudin")** Is A Cajun Sausage Stuffed with Pork and Rice. It's One of Those Food Products That Originated in Frugality; The Rice Was Meant to Stretch the Meat. Now, It's A Unique and Delicious Treat All Its Own. Drive Through Southwest Louisiana And Look for The Signs That Say "HOT BOUDIN", This Is What They're Talking About.

- 3 Pounds Boneless Pork Butt or Shoulder, In Large Chunks
- 1 Pound Pork Liver
- 3 Cups Raw Long Grain Rice
- 4 Medium Yellow Onions, Quartered
- 2 Bunches Green Onions, Chopped
- 1 Tablespoon Garlic, Finely Minced
- 4 Tablespoons Parsley, Finely Chopped
- 2 Tablespoons Salt
- 1 Tablespoon Cayenne Pepper
- 2 Teaspoons Freshly Ground Black Pepper
- 2 Teaspoons White Pepper

You May Choose to Use A Premix Seasoning Instead of The Ingredients Listed to The Left. If So, You Can Still Follow the Directions in This Recipe.

Place the Pork and Pork Liver in Separate Saucepans, Cover with Water, and then Bring to A Boil. Reduce Heat, Skim and Simmer Until Tender, About 1 Hour. Cook the Rice. Remove the Cooked Pork and Liver and Let Cool. Discard the Liver Stock. Reserve 1 Pint of The Pork Stock and Discard the Rest. Add the Green Onions, Garlic, Parsley, Salt, Peppers and Cooked Rice to the Reserve Stock and let Stand while Grinding the Pork, Liver and Onions Through A Meat Grinder with A Medium Disc or Grind It Coarse in A Food Processor. Transfer the Mixture to A Large Bowl and Mix in The Green Onions, Garlic, Parsley, Salt, Peppers and Cooked Rice. Adjust Seasonings. For Traditional Boudin, You May Stuff into Sausage Casings. Boudin Links Are Generally About A Foot Long. You Can Also Serve It Out of The Casing as Rice Dressing. To Heat and Serve Boudin, Place in A 350 Oven For 10-15 Minutes, Until the Boudin Is Heated Through and the Skin Is Crackly. Serve Hot, With Crackers and Beer.

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### LIVERLESS BOUDIN

- 1-1/2 Yards Small Sausage Casing
- 1 Pound Lean, Fresh Pork
- 1 Pound Fresh Pork Fat
- 1 Cup Heavy Cream
- 1 Cup Finely Chopped Onion
- 5 Tablespoons Finely Minced Fresh Parsley
- 1 Tablespoon Finely Minced Garlic
- 1/3 Cup Thinly Sliced Green Onion Tops
- 1/3 Cup Water
- 1 Pound White Poultry Meat
- 3 Cups Cooked, Long Grain White Rice
- 1/2 Teaspoon Sage
- 4 Teaspoons Salt
- 1/2 Teaspoon Freshly Ground Black Pepper
- 1 Teaspoon Cayenne Pepper
- 1/4 Teaspoon Ground Bay Leaf
- 1/4 Teaspoon Ground Thyme
- 1/8 Teaspoon Mace
- 1/16 Teaspoon Allspice
- 1/4 Cup Water, More If Necessary

You May Choose to Use A Premix Seasoning Instead of The Ingredients Listed Above. If So, You Can Still Follow the Directions in This Recipe.

Cut the Pork and Fat into Small Pieces and Put Them into A Heavy 5-6 Quart Saucepan Along with The Cream, Onion, Parsley, Garlic, Green Onion Tops and Seasonings. Add About 1/3 Cup Water. Cook Over High Heat Until the Mixture Begins to Boil. Quickly Reduce the Heat to Low, And Cook for About 10 Minutes, Stirring Frequently. Remove from Heat. Cut Up the Poultry Meat and Add It to The Contents of The Saucepan, Along with The Cooked Rice. Mix Thoroughly, Drain in A Colander and Let Cool for About 10 Minutes.

Meanwhile, Cut the Sausage Casings Into 20-Inch Lengths, Then Stuff Using the Coarse Blade of a Meat Grinder. To Cook, Place the Boudin In A Medium Heavy Skillet or Sauté Pan. Curl It Around to Fit, Turn the Heat to Low, Add About 1/4 Cup Water and Cook Very Slowly Over Low Heat for About 20 Minutes, Until Piping Hot. Turn the Boudin Over Several Times and Stir Frequently, Scraping the Bottom of The Skillet to Prevent Sticking. Add A Few Tablespoons of Water, If Necessary. As the Casing Breaks Open, Move the Torn Pieces to The Side of The Pan. To Serve, Spoon the Semi-Liquid Mixture onto Heated Plates. Allow About 1/2 Pound Boudin Per Person.

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