



Lebanon Bologna

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Lebanon Bologna - 10 lb. recipe

A good Lebanon bologna is made of 100% beef chuck or lean beef trimmings. The meat is ground through a 1/2" grinder plate and mixed with 5 oz of salt. The meat is then aged for 5-6 days at 38-40 degrees F. allowing all the juice to run off. The meat is then ground through 3/16" plate and mixed with the following ingredients:

Ingredients:

3/4 oz. salt
2 level tsp. Prague Powder No. 2
4 oz. corn syrup solids
1 oz. powdered dextrose
6 oz. Fermento
1 tbsp. ground white pepper
1 tbsp. ground nutmeg
1 tbsp. paprika
1 tsp. onion powder

Instructions: All ingredients are then mixed with the meat and stuffed into 5" by 24" protein-lined casing. Bologna is then placed into smokehouse as follows:

16 hours at 90 degrees F. 90% humidity
28 hours at 105 degrees F. 85% humidity
6 hours at 110 degrees F. 85% humidity

During these 50 hours, the bologna is going to develop a tang that makes it unique in flavor. Bologna then can be heavily smoked a day or two without heat. If you want a fully cooked product, raise the smokehouse temperature to 150 degrees F. after 50 hours. Then hold until internal temperature reaches 137 degrees F. Bologna is then removed from smokehouse and allowed to cool until the internal temperature is 110 degrees F. It is then placed into a cooler and allowed to age for about 4-5 days before using.

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