

# Bologna

## TRAIL BOLOGNA

Country-style or trail bologna, as it is sometimes called, is a bologna made with coarse cuts of meat. In the early days of sausage making there were no emulsifying machines and most of the meat was cut by grinding the fat meat through a 1/8" or 3/16" grinder plate. The lean meat is ground through a 1/4" or 3/8" grinder plate. The coarseness of the meat greatly depends on the person making the bologna.

### INGREDIENTS FOR 10 LBS.

6 lbs. lean beef	2 level tsp. prague powder #1
4 lbs. pork	2 tbsp. ground white pepper
1 tbsp. paprika	1 tbsp. ground nutmeg
1 tbsp. allspice	1 tbsp. onion powder
3 1/2 ozs. salt	3/4 oz. powdered dextrose
3/4 oz. corn syrup solids	1 3/4 ozs. Fermento

After the meat is ground, add the remaining ingredients and mix thoroughly until evenly distributed. Then place the meat in containers or tubs and pack tightly to eliminate air pockets. Do not pack more than 6" high. Then place the mixture in a cooler at 45-50 degrees F. for 48 hours. Re-grind it through a 3/8" grinder plate and stuff it into protein-lined 3 1/2" x 24" casings or beef middles and keep at 45-50 degrees F. for 12 hours. Place bologna into 120 degree F. preheated smoker until it starts to take on a brown color, with draft and damper 1/2 open. Increase the smokehouse temperature to 170 degrees F. and keep the sausage there until an internal temperature of 158 degrees F. is reached. Remove the sausage and air-cool it over night at 60-70 degrees F. Smoke the sausage again the next day for about 48 hours, or until it has a dark brown color.

After smoking, store the sausage at 65 degrees F. for 10-12 days with a relative humidity of 70-80%. Place the sausage in a cooler at 40-45 degrees F. to achieve 18-20% weight loss.

## Real Homemade Bologna SUBMITTED BY: DEBBIEBROOK

"This is the REAL homemade bologna and it is simply delicious! My Grandmother made this and gave the recipe to my Mom, and she gave it to me! You can say it is passed down! I am not a real big fan of Bologna, but once you taste this, you will love it all over again!"

### INGREDIENTS (Nutrition)

3 pounds ground beef  
3 tablespoons curing salt  
1 cup water  
1/8 teaspoon garlic powder  
1/2 teaspoon onion powder  
1 1/2 teaspoons liquid smoke flavoring

### DIRECTIONS

In a large bowl, mix together the ground beef, curing salt, water, garlic powder, onion powder and liquid smoke using your hands. Divide in half, and form each half into a roll. Wrap in plastic wrap, and refrigerate for 24 hours.

Preheat the oven to 300 degrees F (150 degrees C). Unwrap the beef rolls, and place them on a greased baking sheet or roasting pan.

Bake for 1 hour in the preheated oven, turning the meat over after 30 minutes. Cool to room temperature, then refrigerate until chilled. Slice, and eat on sandwiches.