



Zach's Spice Company  
Library of Formulas

BOUDIN RECIPE #25  
Hot or Mild

Boudin is made with Pork trimmings, Pork liver, and rice.

**Suggested meats include:**

#1	Pork trimmings (lean)	12 lb
	Pork trimmings (fat)	2 lb
	Pork liver (optional)	1 lb
	Cooked Rice	10 lb

**Processing**

**The cooking of the meat and the rice should take place at the same time so that they are ready at the same time.**

**Meat Preparation part 1**

1. Place whole chunks of pork into a pan and cook. Add enough water to the pan to start the cooking process and to prevent scorching or burning the meat.
2. Begin cooking the liver just before the trimmings are done by boiling the livers in water. Drain off this water and add back just enough to cook the liver to prevent scorching or burning. Pour out this water when the cooking is complete.
3. Remove the meat in Step 1 and save the moisture. Measure out 2 quarts of the moisture, and add Zach's Boudin Seasoning. Allow this to stand during the meat grinding process.

**Rice Preparation**

4. Place the appropriate amount of uncooked rice and water in a pan and cover. Add a pinch of salt and cook without stirring. (Follow the rice manufacturer's recipe for 10 lb of cooked rice.)

**Meat Preparation part 2**

5. Grind the cooked pork trimmings and livers through a chili plate or stew plate one time, and place it in the rice. Add the 2 quarts of moisture with seasoning (from step 3) by pouring over the meat/rice mixture.
6. Mix ingredients well.
7. Stuff the Boudin into a well-cleaned hog casing and link.
8. Hang the Boudin on a smoke tree to air cool and dry. After cooling, refrigerate and sell.

Caution: The preparation area needs to be as clean as possible to prevent bacteria build up in the product. Otherwise, the shelf-life of the product is reduced.