



Boudin Sausage, Cajun Style

When we visited “The Butcher” restaurant in Nashville, TN., we were overwhelmed by all the fresh sausages, homemade meats, small plates, sides, and even sweets like bacon pralines. We were treated to a small plate of Boudin Sausage, which was a new experience for us.

My first bite reminded me of ethnic dishes I tasted in Chicago, like the filling in polish cabbage rolls, only more highly seasoned. It was then that I decided to hunt up some recipes and give sausage making a try. Early in my cooking career, my father-in-law showed me how to make sausage, complete with stuffing them in casings. It was the time that I thought I might invent a new recipe, Smoky Chicken Sausage. The recipe was delicious but probably way before its time. It wasn't until about 15 years later that the industry started to produce chicken sausages for the general consumer.

Armed with two lessons from him, I collected the ingredients to make my own boudin. When we were at The Butcher restaurant, they mentioned that chicken livers gave the meat a nice flavor so I bought a container of them. I was surprised to find lots of recipes for boudin on the internet. I also decided to follow a recipe that used cooked long grain rice since I wanted a firmer grain. I divided the ingredients in half, making only a half since I wanted to use my sausage as a stuffing.

**3/4 pound coarse ground pork
1/4 pound chicken liver
1/4 pound bacon or pork fat
1 medium onion, chopped
1 celery stalk, chopped
1 poblano pepper, chopped
3 garlic cloves, minced
1-1/2 to 2 Tablespoons kosher salt
1 to 2 Tablespoons Cajun seasoning
1 cup cooked long grain rice
1/2 cup chopped parsley
1/4 cup chopped chives**

- 1. Chop meats into chunks; place in large bowl with onions, celery, peppers, and garlic. Toss with salt and Cajun seasoning. Place in container with a lid; chill in the refrigerator for 1 hour or up to a day.**
- 2. Place the meat mixture into a large pot; add enough water to cover the meat by an inch. Bring to a low boil; reduce heat to simmer; cook gently until tender, about 1-1/2 to 2 hours or longer. Strain and reserve the cooking liquid. Spread the meat out on a sheet pan to cool.**
- 3. When cool, fine chop or grind it. Place in bowl; mix with cooked rice, parsley, and chives. If mixture is too dry, add some of the reserved broth. Mix for about 3 minutes or until cohesive mixture to use for stuffing.**

Using your sausage: Since everything is already cooked, you can easily stuff vegetables for a main dish or even petite peppers for appetizers. If this recipe is different from other boudin recipes, that is okay as there are many different family favorites. It can be seasoned hot and mild, have uncooked or cooked rice, different additions, or cooking techniques. What is important is that it is wildly delicious!

We loved our finished product and gobbled down fried boudin balls, boudin cakes, and boudin stuffed pepper appetizers. We prepared the pepper appetizers using petite peppers; baked them in a 400 degree F oven for about 10 to 15 minutes or until peppers are al dente, which means that you can pick them up. It can easily be combined with cooked rice or served on crackers with some mustard and sweet sour pickles. Boudin cakes can be shaped using about 1/4 cup filling into 1/2 inch thick patty, and frying in hot oil until golden brown. Hope you enjoy it as much as we did!

Cajun boudin is a general meat stuffing in hog casings, which are poached, grilled, or smoked. If you decide to stuff the casings, you will need a meat grinder with a sausage attachment.

For more information:

<http://www.nolacuisine.com/tag/donald-links-boudin-recipe/>

<http://www.nolacuisine.com/2005/12/01/cajun-boudin-sausage-recipe/>

<http://honest-food.net/2014/06/09/cajun-boudin-sausage-recipe/>

<http://www.food.com/recipe/white-boudin-boudain-blanc-louisiana-pork-and-rice-sausage-93882>

If you can't find Cajun Seasoning, mix some up at home. Here is a sample recipe.

1 Tablespoon (each) ground black pepper, white pepper, red cayenne pepper, and sweet paprika

1 teaspoon dried oregano

1/2 teaspoon celery seeds

Mix all ingredients together; place in jar with tight lid.

For More Information: <http://honest-food.net/2014/06/09/cajun-boudin-sausage-recipe/>

Cook's Note: If you use want to use this recipe to prepare patties without soaking in water and following the boudin directions, you will need to reduce the amount of salt to only 1 teaspoon or to taste.