



BUTIFARRA

DULCE SAUSAGE FROM GIRONA

The Upland Cook: Feel Good



Easy



60 minutes



Lunch



6-8 servings

When Spain meets Quebec, it's an opportunity to create something truly unique! If you're looking to step off the beaten path, the Butifarra Dulce sausage from Girona is the perfect choice. Here's my version: migratory birds, caramelized apples, parsnip purée, berries, and black pudding. A bold fusion that celebrates our local flavors with a Spanish twist!

INGREDIENTS

- 500 g of migratory bird meat (geese, Canada geese, or ducks)
- 500 g of pork with 70% fat
- 18 g of salt
- 2 g of pepper
- 4 g of sweet paprika (Pimentón from Spain)
- 3 g of cinnamon
- 20 g of honey (preferably Anicet's Summer Honey)
- Zest of half a lemon
- 30 ml of sherry
- 30 ml of 35% cream

STEPS

Prepare the meat:

Cut the migratory bird meat and pork into small pieces. Ensure the mix has approximately 70% lean meat and 30% fat for the best texture.

Mix the seasoning:

In a large bowl, combine the salt, pepper, paprika, cinnamon, honey, lemon zest, and sherry. Mix well to create a uniform marinade.

Grind the meat:

Pass the bird meat and pork through a meat grinder with a medium plate. Add the cream and mix thoroughly by hand or with a stand mixer fitted with a paddle attachment to ensure even seasoning distribution.

Marinate:

Pour the marinade over the ground meat and mix thoroughly to coat all pieces evenly. Let it rest in the refrigerator for 2 to 4 hours, or ideally overnight, to develop the flavors.

Stuff the sausage:

Fill natural casings (pork or lamb) with the meat mixture, ensuring it's packed tightly to avoid air pockets. Form sausages to your desired length.

Cook:

Pan-fry or grill the sausages over medium heat until they're golden brown and cooked through. Alternatively, bake them in the oven at 180°C (350°F) for about 20 minutes.

