



# ZACH'S BOUDIN RECIPE

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### This Recipe uses Zach's Premix Seasoning Blends # ZH541 or ZH542

12 Lb. Pork Trimmings (Lean)	4 Cups Chopped Green Onion Tops
2 Lb. Pork Trimmings (Fat)	2 Lb. Yellow onions
1 Lb. Pork Liver (Optional). If Liver is not Used. Add 1 More Lb. of Lean Pork	Traditionally, both yellow onions and green onions are added to boudin as well. Grind the Yellow Onions with the Meat. Chop the Green Tops and Add to the Seasoning Mix.
10 Lb. Cooked Rice (10 cups uncooked)	

**Caution:**

**As Always, The Preparation Area Needs To Be As Clean As Possible To Prevent Bacteria Build Up In The Product. This Product Must Be Eaten Immediately Or Refrigerated/ Frozen.**

**Procedure** – If Time Is Short, You May Cook The Meat (Step 1) And The Rice (Step 4) At The Same Time, But Cooking The Meat First Allows The Cooking Liquid To Be Used For Cooking And Flavoring The Rice. (In Step 4)

**Step 1:** Place Small Chunks Of Pork Into A Pan To Cook. Add Enough Water To The Pan To Start The Cooking Process And To Prevent Scorching Or Burning. Reserve All Of The Cooking Liquid When Cooking Is Complete.

**Step 2:** Optional - Just Before The Pork Is Done Begin Cooking The Liver By Boiling The Liver In Water. Drain Off This Water And Add Back Just Enough To Prevent Scorching Or Burning. Discard This Cooking Water When The Cooking Is Complete.

**Step 3:** Remove The Meat In Step 1 Saving The Cooking Liquid. Measure Out 2 Quarts Of This Liquid And Add Zach's Boudin Seasoning (14.5 Oz). Set Aside To Blend During The Meat Grinding Steps.

**Step 4:** Place The Rice In A Pan And Cover With Any Remaining Cooking Liquid, Adding Water, If Needed, To Cover By 1". Add A Pinch Of Salt And Cook Without Stirring. You May Cook The Rice In A Rice Cooker If You Have One.

**Step 5:** Grind The Cooked Pork And Livers Through A Chili Plate (3/8) Or Stew Plate (1/2") One Time Then Add To The Rice. Pour The Two Quarts Of The Cooking Liquid With Seasoning To The Meat / Rice Mixture. Mix Well

**Step 6:** Transfer Mixture To A Stuffer And Stuff Into 35-38 Mm Hog Casing. Do Not Stuff Off A Grinder As The Mechanical Action Of The Grinder Will Crush The Rice And Make The Boudin Mushy.

**Step 7:** Hang The Boudin And Allow To Air Cool And Dry. After Cooling is done, Refrigerate.

**Remember This Product Is Fully Cooked Except For The Casing, The Casing Should Be Cooked Or Removed Before Eating. You May Cook The Casing By Baking In A 350 Degree Oven For 10-15 Minutes, Pan Frying With Low Heat Or Grilling. You May Also Package In Bulk, Make Boudin Balls Or Portion Into Cups.**

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