

The Salama da Sugo

Ingredients: salama da sugo ferrarese.

The salama is first placed in lukewarm water and left over night as this will soften the outer encrustations which are then to be lightly brushed off.

It is then placed in a pot of water, better still if wrapped in a piece of thin cloth.

The salama should not touch the bottom of the pot; therefore suspend it with a string from a piece of wood resting across the rim of the pot. The water in the pot is left to boil over a low flame for over four hours. Add water from time to time but without ever stopping the boiling. The skin must absolutely not be broken or the juices inside would be irreparably lost.

Some prefer to cook the "salama" in a double boiler although, in this case, the cooking times must be lengthened.

Today special plastic bags for cooking exist which are quite good.

Once cooked the string is removed and the top of the "salama" is cut leaving an opening from which to scoop out the meat with a spoon.

The ideal is to present it steaming hot with a side of pureed potatoes.

It is best served with full bodied red "Bosco" wine or some other full flavored red wine.

It is not advisable to cut into wedges unless it is being served cold.



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