(pinoy) embutido

NIBBLEDISH CONTRIBUTOR

Ingredients

- ground beef/pork/turkey/chicken/veal
- garlic
- red bell pepper
- pepper
- fish sauce
- worcestershire sauce

- raisins
- pickle relish
- carrots
- vienna sausage
- eggs
- chorizo de bilbao
- cheddar/american cheese
- whole wheat bread

Instructions

This recipe yields about (8) 8" rolls:

1. In a bowl, combine:
3 lbs minced pork
3 cloves garlic, minced **1 medium red onion, finely chopped**
1 red bell pepper, finely diced
1 C raisins, chopped
1/2 C carrots, finely diced
1 C cheddar/ american cheese, chopped
12 vienna sausages, chopped

6 links chorizo (de bilbao), chopped
8 slices of whole wheat bread (this does not alter the taste at all, but, hey it's good carbs), crusts discarded, then broken into small pieces.
4 eggs, beaten
4 T pickle relish
lots of pepper
4 t worcestershire sauce
2 T fish sauce

2. Place a mound of the meat mixture on a sheet of greased aluminum foil and form an 8" log, about 2" in diameter.

3. Carefully roll the aluminum foil and seal by folding the edges.

4. As my steamer only fits 4 rolls at a time, so the 2 sets of 4 took about 20-25 mins. each. A sign that the rolls are cooked is when the juices run clear. I prefer an electric steamer, but a stove top steamer or a bamboo steamer will do the work. Let rest at room temperature or in the fridge for at least 30 mins before serving. This sets the embutido and allows the flavors to meld together.

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If you prefer baking, place the rolls on a baking sheet and bake at 350dF for about 25-30 mins. or until the juices run clear. You may also place the rolls on top of a wire rack placed inside a roasting pan partially filled with hot H20 (h20 shouldn't touch the wire rack) and cook for about the same amount of time and at the same temperature. The water bath will facilitate the "steaming process".