

Cajun Boudin

Oscar · 28/09/2024



Prep Time

2 hrs 45 mins

Difficult

Medium

Servings

18

Description

This recipe for boudin boodahn is made with pork rice and seasonings Boudin is a wonderfully scrumptious dish thats normally stuffed with pork and rice but you can add shrimp crawfish or alligator meat if desired

Ingredients

- - 2 ½ pounds boneless pork shoulder
- cubed - 1 pound pork liver
- cut into pieces - 8 cups water
- divided - 2 cups uncooked white rice - 1 ¼ cups green onions
- chopped - 1 cup chopped onion - 1 cup chopped fresh parsley - 1 medium red bell pepper
- chopped - ½ cup minced celery - 2 tablespoons finely chopped cilantro - 1 teaspoon minced garlic - 4 teaspoons salt - 2 ½ teaspoons cayenne pepper - 1 ½ teaspoons ground black pepper - ½ teaspoon red pepper flakes - 4 feet 1 1/2 inch diameter hog casings

Instructions

1. Combine pork shoulder and liver in a large saucepan. Add 4 cups water and bring to a boil over medium-high heat. Reduce the heat to medium-low
2. cover
3. and simmer until pork is tender
4. about 1 1/2 hours. Meanwhile
5. bring remaining 4 cups water and rice to a boil in a saucepan. Reduce the heat to medium-low
6. cover
7. and simmer until rice is tender and liquid has been absorbed
8. 20 to 25 minutes. Set aside. Use a slotted spoon to transfer pork to a cutting board; let cool. Stir green onions
9. onion
10. parsley
11. bell pepper
12. celery
13. cilantro
14. and garlic into the simmering pork broth. Season with salt
15. cayenne pepper
16. black pepper
17. and pepper flakes. Simmer until onion is tender
18. 5 to 7 minutes. Meanwhile
19. grind cooled meat using the coarse plate of a meat grinder. Stir ground meat into the vegetable mixture and cook
20. stirring frequently
21. until the liquid has nearly evaporated
22. about 10 minutes. Stir in cooked rice and set aside to cool. While the meat mixture is cooling
23. rinse sausage casings inside and out with plenty of warm water. Keep casings in a bowl of warm water until ready to stuff. Once the sausage mixture is cool enough to handle
24. stuff into the prepared casings using a sausage stuffer. Prick sausages with a needle every 4 to 6 inches. Bring a large pot of salted water to a boil over high heat. Reduce the heat to keep the water at a gentle simmer. Add sausages and cook gently until hot on the inside
25. firm to the touch
26. and plumped in appearance
27. about 5 minutes. Serve immediately.