

Catalan Pork Sausage (Butifarra)



Butifarra is a product of Catalan origin, it is a pork sausage that is seasoned with spices of which there mainly two types, the fresh butifarra and the dried sausage. The Catalan *butifarra's* origin begins in the 14th century and its name is derived from the Latin root of *Botillo Berciano* or *Galician butiello*.

Over time a great variety of *butifarra* has emerged not only from Catalonia, this delicious sausage has spread through the Balearic Islands, Aragon, Valencia and as far as the Murcia region.

Unlike other sausages it contains no fat only lean meat from the tip of the loin and sometimes other cuts of lean pork. At most, a bit of chopped bacon is added as a condiment, but it never reaches large proportions (for example, half) as in other sausages from other countries. Sometimes the minced meat can be cooked lightly in the oven or can be seasoned with, for example, chopped mushrooms before being stuffed.

The sausage mixture is kneaded manually and then stuffed into thick pork casings 32-36mm. Then, the intestine is marked at each span with thick cotton thread and separated into different sausages, uncut, rolling each one with the casing.

The sausage is served with *mongetes* (white beans) it is the traditional most popular way of consuming this product, typically also in a *bocadillo* (bread roll) with *manchego* cheese or grilled with mustard or aioli. But beyond these preparations, the Catalan culinary culture has always claimed the prominence of the *butifarra* in a diverse and abundant cookbook.

Butifarra with its delicate aniseed and peppery flavours this sausage will harmonize with fleshy, light, dry to medium red wines.

