

From the book "Man Can Cook" for "The Saturday Herd"
By Robert Sturm

Goetta

Ingredients:

2 & 1/2 pounds pork shoulder, lean, ground
8 cups water
3-4 cups chopped onion, 1/4" diced
2 large bay leaves
2 ribs celery, 1/4" diced
1 tablespoon salt
1 tablespoon black pepper
1/2 tsp. Poultry Seasoning
3 cups steel cut oatmeal



Directions

Cut meat into big chunks and put in pot with water, onions, bay, celery, salt and pepper. Bring to a boil and lower to simmer. Cook, uncovered, and stirring occasionally, for 2 hours. Meat should be very tender. Strain, reserve vegetables, liquid and meat. Discard bay leaf. Grind or chop meat and vegetables finely. Pour liquid back into pan and add steel cut oatmeal. Bring to a boil, and then lower to simmer. Cook, uncovered, stirring often, for another 2 hours. Mixture will be thick. Add meat, veggies, and seasonings. Simmer another 1 - 2 hours. Taste and adjust seasonings if necessary. Line 3-4 loaf pans with parchment paper. Pour goetta into pans, packing down firmly. Let cool to room temperature, then refrigerate. Keeps for a two weeks in the refrigerator, or several months in freezer. To serve, slice goetta and heat in a skillet with a bit of oil.