



Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



Boudin

Nonna Snowden recommends you visit her at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. In this episode Nonna makes homemade Boudin. The recipe was shared by Gumbo Daddy. You can visit his website (www.gumbodaddycajunproducts.com)

The exact recipe that Gumbo Daddy provided is added below. Nonna didn't follow the exact recipe, of course. She used her own blend of spices. I can not provide measurements because Nonna didn't measure her spices. Instead, she taste tested the cooked product when it was mixed and added more spices as she and Nono (her beloved) like it hot. The spices Nonna used include:

Gumbo Daddy's Cajun Seasonings
Dan Pastorini's Garlic and Herb Seasonings
Dan Pastorini's Texas Style Rub
Jacobsen Ghost Chili Salt
Sea Salt
Course Black Pepper
Cayenne Pepper
White Pepper
Garlic

Finally, Nonna did not make as much as is specified in Gumbo Daddy's recipe. She used the following amounts:

Half of an 11.5 pound Boston butt (pork shoulder) with bone (5.75 pounds)
2 cups rice
4 ounces chicken liver

Whether you use your own spice mix, follow Gumbo Daddy's recipe, or mix it up like Nonna, we all hope you enjoy. It was, afterall, quite delicious!

See the recipe Gumbo Daddy shared below.

Nonna donates 50% of proceeds to JumpForTheRose.org.



Targil Boudin

Ingredients:

		1/2	1/4	1/8
25 LBS	Boston Butt	12lb-8oz	6lb-4oz	3lb-2oz
2 LBS	Pork Liver or 1.5lb chx liver	1 lbs	8oz	4oz
8	Med onions quartered	4	2	1
2 Cups	Chopped Parsley	1 cup	.5 cup	.25 cup
2 Cups	Chopped Onion Tops	1 cup	.5 cup	.25 cup
12 Cups	Cooked Medium Rice	6 cups	3 cups	1.5 cup
1 packet	Targil's Boudin Mix	8oz	4oz	2oz
40lb		20lb	10lb	5lb

Method:

Use a fairly large crawfish pot or other large thick stock pot.

- Add Boston butt(s) to a large stock pot. Add water to the pot to about 2 inches above the meat. Add contents of a pack of Targil's Boudin Mix to water. Bring to a boil, then lower to a high simmer for at least 2 hours. Skim any trash that floats to the top.
- Prepare the casings by rinsing the inside with water at least twice. Once clean, place in water in preparation of filling.
- Cook the rice in the liquid from the meat.
- Add the liver to the pot and continue to simmer for 30 minutes.
- Remove the pork and liver from stock and set aside. Debone pork.
- Add the onions to the stock and cook for 20 minutes. Remove onions from stock.
- Grind pork, liver, and onions with 3/8" size plate or larger and place in a large mixing bowl.
- Mix in 2 cups of chopped onion tops and 2 cups of chopped parsley with 12 cups of cooked rice.
- Stir everything together and moisten with seasoned water.
- Process. Twisting every 6 inches.
 - Once the boudin is processed, prepare as follows: Either in a double boiler or rice cooker with steamer plate in the cooker, place a small amount of water and heat to an internal temperature of 165° F.