

# Homemade Sausage

## *Italian or Country Breakfast*

### **INGREDIENTS**

- 500 grams ground pork, 85% lean – see butcher instructions below
- Spice Mix for Italian Sausage
  - 1 Tbsp red wine
  - 3-4 cloves fresh garlic
  - 1 teas dried garlic
  - 1 Tbsp parsley
  - 1 Tbsp paprika
  - 1 teas hot sauce
  - 2 ½ teas salt
  - 1 ½ teas pepper
  - 1 teas fennel seed
  - 1 teas onion powder
  - ½ teas red pepper flakes
  - ¼ teas thyme
  - ¼ teas rosemary
  - ¼ teas oregano
  - ¼ teas ground sage
- Spice Mix for Country Breakfast Sausage
  - 1 teas salt
  - ½ teas black pepper
  - 1 teas red pepper flakes
  - ½ teas sage
  - 1 teas herbes de Provence
  - 2 Tbsp white pepper
  - 1 teas ground ginger
  - 1 teas nutmeg
  - 1 teas clove
  - 1 teas sweet or smokey paprika
  - OPTIONAL – add ¼ cup maple syrup

### **BUTCHER INSTRUCTIONS**

1. “Gostaria fazer salsicha.”
2. 400 grams pork meat which is about 85% lean, pork shoulder or pork butt.
3. 100 grams pork fat (neck or belly)
4. You may substitute ground turkey but you will need to add oil to the pan when cooking as you have less fat in the meat.
5. Ask the butcher to grind the leaner pork and fat TWICE TOGETHER.

### **STEPS**

1. Mix and knead the sausage and the spices together in a bowl until fully integrated.
2. Place the bowl in the refrigerator for at least 12 hours for the spices to marinate into the meat.
3. Form into logs or patties.
4. Wrap the logs or patties in plastic wrap or your favorite storage container to store in the freezer and use whenever you wish.