

Homemade Italian Sausage

Making your own sausage is a fun and rewarding adventure! And it's easier than you think.

There are various ways you can make sausage. You can purchase ground meat, or grind your own. You can leave the sausage in bulk form or put it in casings if you desire. Each step creates more work but also gives you greater control over quality and flavor. And if you are like me... creates more fun. Do you want to double the fun? Think about doing this with a friend or family member.

If you want to grind your own meat or stuff your own links see my food blog for more information...
<https://frankieinthekitchen.wordpress.com>

This recipe is for pork sausage. You may substitute other meats such as ground chicken or turkey.

Recipe for 5 pounds

- 5 lbs. ground pork (or pork shoulder or butt if you want to grind your own)
- 1 tablespoon coarse black pepper
- 1-1/2 tablespoons salt
- 2 tablespoons fennel seed - toasted
- 2 teaspoons ground fennel
- 1 teaspoon crushed red peppers
- 2 tablespoons chopped garlic
- 1/4 cup Italian parsley - chopped

1. To toast fennel seeds place in a skillet over medium heat and shake skillet regularly. Toast for a few minutes until fragrant.
2. Mix all ingredients in a stand mixer or by hand until all thoroughly mixed, but... DO NOT overmix. You don't want to turn your sausage into a paste.
3. You may now now feed sausage into casings if desired or divide into portions (I suggest 1 pound portions). Whatever you do not plan to use within a couple of days, wrap in aluminum foil and then place in freezer bags. Label and date.

Frankie's Tips:

- ◆ Toasting the fennel is an optional step but helps to maximize flavor.
- ◆ If you prefer a "sweet sausage" leave out the crushed red peppers. Or feel free to add more for an extra spicy sausage.
- ◆ Feel free to adjust add other herbs or spices, or adjust things like garlic if you want more or less of those flavors.
- ◆ If stuffing the sausage, most sausage makers suggest adding a little ice water (or wine) to the meat blend.

