

Bill's Breakfast Sausage

U.S.	Ingredient	Metric	Percent
5 lb.	Pork, picnic	2268.0 g	88.84
1/2 cup	Water	125.0 ml	5.51
5 Tbsp.	Maple Syrup	75.0 ml	3.31
5 tsp.	Salt	36.7 g	1.48
1 Tbsp.	Black Pepper, fine	6.0 g	0.26
1 Tbsp.	Red Pepper Flakes, Sweet*	6.0 g	0.26
2 tsp.	Parsley, fresh*	3.0 g	0.13
1 tsp.	Coriander, toasted, ground	1.8 g	0.08
1 tsp.	Thyme, whole	1.4 g	0.06
1/4 tsp.	Fenugreek	1.0 g	0.04
1 tsp.	Sage, ground	0.7 g	0.03
	22 mm lamb casings [opt]		
5½ lb.	← Totals →	2.5 Kg	

Bagged meat partially defrosted and sliced for patties.



*Optional Ingredient: add or remove all or any to suit your preferences!

This formulation is based on metric measures; U.S. measures are approximate!

Method:

1. Bone, skin and cube the pork picnic.
2. Chill the meat and grind the pork through a ¼-inch plate.
3. Add any or all of your choice of options.
4. Mix in all ingredients and allow to cure in the refrigerator overnight before stuffing.
5. Stuff into lamb casings, or plastic bags, or make as sausage patties.



Notes: I make this with skinned and boned pork picnics, because they contain less fat than pork shoulders. The recipe contains several options if you wish to experiment with different flavors. I added just enough sage and thyme so that you wonder if they had been added.

Bill

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