

## Good Luck Sausage (Salsiccia Buona Fortuna)

| U.S.         | Ingredient          | Metric         | Percent     |
|--------------|---------------------|----------------|-------------|
| 2 lb.        | Pork shoulder       | 910.0 g        | 97.00       |
| 2 tsp.       | Salt                | 15.0 g         | 1.60        |
| 1 Tbs.       | Sugar, brown        | 11.0 g         | 1.15        |
| ¾ tsp.       | Garlic powder       | 3.2 g          | 0.34        |
| ½ tsp.       | Onion powder        | 1.5 g          | 0.15        |
| ¼ tsp.       | Mustard, ground     | 0.6 g          | 0.06        |
| ¼ tsp.       | Sate seasoning      | 0.6 g          | 0.06        |
| ¼ tsp.       | Chili powder        | 0.5 g          | 0.05        |
| ¼ tsp.       | Pepper              | 0.5 g          | 0.03        |
| 1/8 tsp.     | Allspice, ground    | 0.3 g          | 0.03        |
| 1/8 tsp.     | Fennel seed, ground | 0.3 g          | 0.03        |
| ½ cup        | Ice water           |                |             |
|              | 22 mm Sheep casings |                |             |
| <b>2 lb.</b> | <b>← Totals →</b>   | <b>943.5 g</b> | <b>100%</b> |



**Note: Use metric weight and volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurements.**

### Method:

1. Grind the meat through a 6.5 mm disk (¼-inch).
2. Add in the remaining ingredients with the meat, mixing well.
3. Stuff into 22mm sheep casings, and form into 4-inch links.
4. Grill or fry as breakfast sausages.



**Michala and I developed these sausages for breakfast during our Easter vacation from school at my Nonno's house in Sonoma. They were really yummy!**

### Recipe by:

**Michala Roan and Tony Frakes**  
**Sonoma County, California**

**Copyright © (All rights reserved), April 2006**