

Chicken Apple Sausage

U.S.	Ingredient	Metric	Percent
5 lb.	Chicken thighs & skin	2268.0 g	76.50
¾ lb.	Apples, Fuji, diced	340.0 g	15.00
4 tsp.	Salt	30.0 g	1.35
1½ tsp.	Sodium polyphosphates*	5.0 g	0.22
2 tsp.	Pepper, black, ground	4.2 g	0.19
1 tsp.	Sodium erythorbate*	1.0 g	0.04
¼ tsp	Nutmeg, ground	0.7 g	0.03
1 tsp.	Sage, ground	0.7 g	0.03
¼ tsp	Ginger, ground	0.4 g	0.02
2/3 cup	Apple juice concentrate	150.0 ml	6.50
	32 mm casings		
6 lb.	← Totals →	2.8 Kg	100%



*optional—These substances contribute to mouth-feel, moisture retention and overall appearance.

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. Bone, the chicken and keep the meat with the fat and skin.
2. Chill the meat and the fat/skin until almost frozen.
3. Grind the meat through a ¼-inch (6.5 mm) plate.
4. Add the salt to the meat and mix it in very well; refrigerate for 3 hours until a very sticky paste is formed.
5. Grind the meat, skin and fat again, this time through a 3/16-inch (4.5 mm) fine plate.
6. Peel and core the apples, and pass them through a 3/8-inch (10mm) coarse plate.
7. Add the apples and the remaining ingredients and mix them in well with the meat paste.
8. Stuff into 32 mm hog casings and twist off into 5-inch links.
9. Grill over medium heat and *do not pierce* the sausage—use tongs.

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