

Breakfast Link Sausage

U. S.	INGREDIENTS	METRIC
4.5 lb.	Pork shoulder	2050.0 g
0.5 lb.	Pork back fat	225.0 g
1.5 Tbs.	Salt	32.0 g
1.0 Tbs.	Dextrose	17.0 g
1.0 Tbs.	Rosemary, ground	3.0 g
1.5 Tbs.	Sage, rubbed	3.0 g
1.0 tsp.	White pepper	3.0 g
0.5 tsp.	Cayenne or arbol pepper flakes	1.0 g
0.05 oz	Citric acid	1.5 g
0.5 cup	Ice water	125.0 ml
	24 mm sheep casings	



Note: I used metric weight/volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurement.

Method:

1. Mix all dry ingredients; grind to a fine powder in a spice grinder.
2. Grind the meat through a ¼ in. plate. Keep meat as close to 38°F as possible!
3. Sprinkle dry ingredients over meat.
4. Add the ice water, pour over meat and mix well.
5. Stuff into sheep casings and braid in 4-inch links.
6. See the “Tips” page on my web site to see how to [link these sausages](#).

Note: Since there is no preservative, refrigerate for no more than three days--or vacuum pack and freeze. Citric acid is an antioxidant and is added to preserve color. It can be left out without affecting the taste.

Len Poli – Sonoma, California

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