

Irish Breakfast Sausage

U.S.	Ingredient	Metric	Percent
5 lbs.	Pork shoulder	2270.0 g	90.00
½ cup	Irish lager or ale	125.0 ml	4.59
2½ oz	Bread crumbs, dry	70.0 g	2.77
5 tsp.	Salt	36.0 g	1.43
4 tsp.	Eggs white powder	10.0 g	0.40
3 tsp.	Pepper, black	6.3 g	0.25
2 tsp.	Marjoram	3.0 g	0.12
1 tsp.	Mace	1.8 g	0.07
½ tsp.	Thyme	0.7 g	0.03
½ tsp.	Rosemary	0.6 g	0.02
	22mm sheep casings		
5½ lb.	← Totals →	2.5 Kg	100%



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. Cube and partially freeze the pork and then grind through a medium (10mm or 3/8”) plate and re-grind through a fine (4.5mm or 3/16”) plate. Refrigerate until needed.
2. Place the pepper, marjoram, mace, thyme and rosemary into a spice mill and grind to a fine consistency.
3. In a food processor add the egg white and process until frothy.
4. Add the beer, breadcrumbs, salt, and dry spices and process the mixture until it is smooth.
5. Add the pork and process with a few pulses to blend all the ingredients; don't over process.
6. Stuff into 28mm sheep casings and twist off into 4-inch links.
7. Refrigerate overnight to meld the flavors.
8. Cook by frying or grilling.

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