

## Pork Breakfast Sausage

### *“Jimmy Dean” Pork Sausage Clone*

U.S.	Ingredient	Metric Wt.
3.5 lb.	Pork shoulder, lean	1600.0 g
1.5 lb.	Pork fat	700.0 g
5 tsp.	Salt	36.0 g
1 ¼ tsp.	MSG	6.0 g
1 ¼ tsp.	Coriander, ground	2.5 g
1 ¼ tsp.	Pepper, black	2.5 g
2 ½ tsp.	Parsley, dried	2.0 g
1 ¼ tsp.	Thyme	2.0 g
1 tsp.	Pepper flakes, red	2.0 g
1 ¼ tsp.	Sage	1.0 g
¼ tsp.	Citric acid (optional)	1.0 g
	Sheep casings	
<b>5 lb.</b>	<b>← Totals →</b>	<b>2.4 kg</b>

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. Trim pork; grind meat and fat through 4.5 mm (1/8”) plate.
2. Grind all the spices (except red pepper flakes) in a spice mill or coffee grinder.
3. Mix all the ingredients with the meat paste.
4. Stuff into breakfast-link size sheep casings...or...form it into a roll so you can make patties.
5. Prepare as you do your favorite breakfast sausage.
6. See the “Tips” page on my web site to see how to [link these sausages](#).

Note:

This sausage is a close clone of “Jimmy Dean Pork Sausage”, especially if your form it into a roll!

Len Poli – Sonoma, California

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