

Moroccan Chicken Sausage

U.S.	Ingredient	Metric	Percent
2¾ lb.	Chicken Thighs	1250.0 g	61.90
1 lb.	Chicken skin	450.0 g	22.25
½ cup	Apricots, dried	90.0 g	4.50
1	Onion, red medium	90.0 g	4.50
½ cup	Almonds, chopped	60.0 g	3.00
2 Tbs.	Honey	30.0 ml	1.50
4 cloves	Garlic, fresh	20.0 g	1.00
2¾ tsp.	Salt	20.0 g	1.00
2 tsp.	Cilantro, fresh, chopped	3.0 g	0.15
2 tsp.	Parsley, fresh, chopped	3.0 g	0.15
½ tsp.	Turmeric	1.5 g	0.07
½ tsp.	Cinnamon	1.0 g	0.05
½ tsp.	Ginger	1.0 g	0.05
½ tsp.	Pepper, black	1.0 g	0.05
	22mm sheep casings		

4 lb. Totals → 2 Kg 100%



This formulation is based on metric measures; U.S. measures are approximate!

METHOD:

1. Bone, skin and de-fat the chicken, keeping the meat separate from the fat and skin.
2. Chill the meat and the fat/skin separately 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 skin and fat through a 3/16-inch (4.5 mm) fine plate and add them to the meat.
6. Chop the almonds to a medium grind and add them to the meat, fat and skin.
7. Place the onion, garlic and honey in a food processor and pulse until they have a fine consistency; add them also to the meat, skin and fat along with the rest of the ingredients.
8. Stuff into 22 mm sheep casings and link like “breakfast” sausages.
9. Use within a few days or freeze; chicken sausage is very perishable.

Len Poli – Sonoma, California
Sonoma Mountain Sausage Company
Copyright © July 2006 (All rights reserved)