

Homemade Sausages

HIGH PROTEIN | KETO FRIENDLY | NO ADDED SUGAR | MEAL PREP FRIENDLY



Makes:
35 min

Prep:
Chill

Cook:
Makes

INGREDIENTS

- 2 lb pork shoulder or pork butt, ideally at least 20% fat
- 6 cloves garlic, minced or crushed
- 1 1/2 tbsp fennel seeds
- 1 tbsp coriander seeds
- 1 tbsp coarse sea salt
- 1 tsp black pepper
- 1 tsp red pepper flakes, optional
- 1 tsp dried Italian herbs, optional
- Natural sausage casings, optional, if making links
- 1-2 tbsp extra virgin olive oil, only if needed for mixing **Ingredient note:** Use organic ingredients whenever possible, especially the meat, garlic, herbs and spices.
- Avoid sausage mixes with preservatives, fillers, sugar or artificial ingredients.

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. Toast fennel and coriander seeds in a dry skillet for 1-2 minutes, just until fragrant. Cool slightly.
2. Crush the toasted spices using a mortar and pestle or spice grinder.
3. Combine garlic, crushed spices, salt, pepper, red pepper flakes and Italian herbs, if using.
4. Add cubed pork and massage the spice mixture into the meat until evenly coated.
5. Cover and refrigerate for 2-3 days to allow the flavour to develop.
6. Stop Sugar Crave™ | Homemade Sausages
7. Grind the pork using a KitchenAid meat grinder attachment, or pulse carefully in a food processor until coarsely ground.
8. For links, attach the sausage stuffing attachment and fill the casings without packing them too tightly.

VICTORIA'S TIP

A sausage needs enough fat to stay succulent. I prefer meat that is at least 20% fat. Very lean meat can become dry and firm, especially when cooked as links. KitchenAid Note

APPROXIMATE NUTRITION

Stop Sugar Crave™ | Homemade Sausages Calories 120
Protein 9 g Total Carbohydrates 0.5 g Fibre

RECIPE PAGE - MAIN MEALS

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