

Italian (Sweet) Sausage

Stan Marianski

Our pal, Stan Marianski really puts together an Italian sausage and this one is his! When the Italians leave the cayenne out of their infamous fennel-laden recipe, they call it "Italian Sweet" Sausage instead of "Italian Hot Sausage". Real Italian Sausage contains caraway, fennel, and coriander, and it is a superb sausage for frying or grilling.

Sheeeyuks, "Bigfoot" the butcher in my local supermarket, uses so much salt in his "secret recipe" it could melt the salt on I-15 in January! Why not make your own Italian Sweet Sausage and save money, use much less salt and fat, and enjoy your breakfast or dinner even more? The dominant flavor in fresh Italian sausage is fennel with traces of coriander and caraway. By adding (or not) cayenne pepper we can create sweet, medium or hot variety.

Now, get this: Fried on a hot plate with green bell peppers and onions, it is sold by street vendors everywhere in New York City. Don't confuse it with cheap poached hot dogs on a bun; Real Italian sausage is larger and served on a long subway type roll. It is leaner than other fresh sausages and the US regulations permit no more than 35% fat in the recipe. Yes, fennel, sometimes added with anise, is the dominant spice in this sausage, although the coriander and caraway play their parts also.

Pork butt 1000 g. (2.2 lbs)

Ingredients per 1000g (1 kg) of meat:

- Black pepper, coarse 2.0 g. (1 tspn.)
- salt 18 g (3 tsp.)
- sugar 2.0 g (½ tsp.)
- fennel seed, cracked 3.0 g (2 tsp.)
- coriander 1.0 g (½ tsp.)
- caraway 1.0 g (½ tsp.)
- cold water 100 ml (⅔ cup)

Instructions

Freeze the fat then grind the meat and fat using a ⅜" (10 mm) plate. Mix the meat with all ingredients, including the water, then stuff the mixture into 32 - 36 mm hog casings and tie 5" (12 cm) links. Fully cook the sausage to 152 degrees Fahrenheit before serving. Note this particular sausage is recommended for frying or grilling.

Notes:

- For Medium Hot Italian Sausage add 2 g (1 tsp) cayenne pepper.
- For Hot Italian Sausage add 4 g (2 tsp) cayenne pepper.
- Other Italian spices such as basil, thyme and oregano are often added.

Want even more flavor? Simmer the bone and trimmings in a little water and use the stock for the water called for in the mix.

Best Wishes,
Chuckwagon