

Wild Goose Breakfast Sausage with Apple

Savannah · 30/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

55 mins

Description

This is a great breakfast sausage recipe for wild game such as goose duck or venison Cook or freeze for up to 6 months Great way to use wild game such as goose or venison

Ingredients

— - 1 tablespoon olive oil - 1 ½ cups peeled and grated Granny Smith apple - ? cup grated onion - 1 pound ground goose breast - 1 cup fresh bread crumbs - 2 egg whites - 1 tablespoon dried parsley - 2 teaspoons poultry seasoning - ½ teaspoon salt - ½ teaspoon dried sage - ½ teaspoon freshly ground black pepper - ¼ teaspoon crushed red pepper flakes

Instructions

1. Heat oil in a skillet over medium heat. Cook apple and onion in the hot oil until soft
2. 10 to 15 minutes. Remove from heat and place into a mixing bowl. Let cool completely
3. 10 to 15 minutes. Combine cooled apple mixture
4. goose
5. bread crumbs
6. egg whites
7. parsley
8. poultry seasoning
9. salt
10. sage
11. black pepper
12. and red pepper flakes in the mixing bowl
13. stirring until evenly combined. Form sausage mixture into patties. Heat a large skillet over medium-high heat. Cook sausage patties in the hot skillet until browned and no longer pink
14. 5 to 7 minutes. Cook's Notes: You can cook this however you prefer. You can stuff the filling in casings instead of forming into patties. If stuffing in casings
15. let sausage rest in the refrigerator for 2 days before cooking.