



Homemade Sweet Italian Sausage Mild or Hot

Jacob · 28/09/2024



Prep Time

12 hrs

Difficult

Medium

Servings

12 hrs 35 mins

Description

This Italian sausage recipe is easy and versatile Follow directions for sausage patties or use the meat mixture in spaghetti sauce or meatballs You can take it from mild to hot by adjusting the spices and can substitute ground turkey or ground chuck just not ground beef If using turkey youll have to coat your skillet with a little oil before cooking the sausage as turkey has very little fat and the sausage might stick to the skillet without it

Ingredients

- - 3 pounds ground pork - 3 tablespoons red wine vinegar - 1 ¼ tablespoons dried parsley - 1 tablespoon garlic powder - 1 tablespoon onion powder - 1 tablespoon dried basil - 1 tablespoon salt - 1 tablespoon freshly cracked black pepper - 2 teaspoons paprika - 2 teaspoons crushed red pepper flakes
- or to taste - ¾ teaspoon ground fennel seed - ¼ teaspoon brown sugar - ? teaspoon dried oregano - ? teaspoon dried thyme

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Place pork and red wine vinegar in a large mixing bowl. Sprinkle with parsley
2. garlic powder
3. onion powder
4. basil
5. salt
6. black pepper
7. paprika
8. red pepper flakes
9. fennel seed
10. brown sugar
11. oregano
12. and thyme. Dotdash Meredith Food Studios Knead until flecks of spice are evenly distributed throughout meat. Dotdash Meredith Food Studios Divide sausage into thirds. Form each into a 3-inch diameter log
13. wrap securely in plastic wrap
14. and place in a zip-top bag. Refrigerate for at least 12 hours before cooking. Dotdash Meredith Food Studios When ready to cook
15. remove logs from the zip-top bags and place on a cutting board. Use a finely serrated knife to cut logs right through the plastic wrapping into 1/4- to 1/2-inch-thick patties. Carefully remove and discard any plastic. Dotdash Meredith Food Studios Heat a large skillet over medium heat. Working in batches
16. cook sausage patties in the hot skillet until no longer pink in the center
17. 2 to 6 minutes per side
18. depending on thickness. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C). Dotdash Meredith Food Studios Recipe Tip You can freeze the sausage logs in Step 2 if desired. When ready to use
19. pull a log out of the freezer and thaw in the refrigerator overnight
20. then continue with Step 3.