

No Salt Breakfast Sausage

1 lb 60 - 85% lean ground pork
2 tbsp shortening
2 tbsp sage
2 tsp dried parsley
1/4 tsp black pepper
1/4 tsp garlic powder
1/4 tsp thyme
1/4 tsp coriander
1/8 tsp oregano
1/4 Tbsp ice cold water

Warm (melt) the shortening, add the spices and mix. Let cool a little bit. Pour spiced oil and water over the ground pork, mix thoroughly. Wrap and allow to sit overnight in the refrigerator. Use to make patties or bulk use.

For frozen patties: Use a cutter of whatever size you want the patties, lay them out on a parchment paper lined baking sheet and put in freezer until frozen. Layer in you freezer safe storage container with waxed or parchment paper between layers for ease of removal.

If you want "links," Layout link portion on plastic wrap. Wrap so you have a tube and twirl holding the ends of the wrap with the link in the center to tighten up the link.