

No Salt Italian Sausage

1 lb 60 - 85% lean ground pork
2 tbsp shortening
1 tbsp fennel seeds, crushed or powdered
1/4 tsp anise seed, crushed or powdered
1/4 tsp oregano
1/4 tsp marjoram
1/8 tsp coriander
1/8 tsp dry mustard
1/4 tsp sugar
pinch of allspice
2 crushed garlic cloves
black pepper &/or red pepper flakes to taste
1 Tbsp ice cold water

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