



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Fennel Sausage

Adapted from The Mozza Cookbook, Nancy Silverton

- ¼ cup fennel seeds
- 4 lbs boneless pork shoulder, cut into 1" pieces
- 1 lb pork fat, cut into 1" pieces
- 10 cloves garlic, chopped
- 2 tablespoons coarse sea salt
- 1 tablespoon sugar
- 2 tablespoons freshly ground pepper
- 2 tablespoons hot paprika
- ¼ cup red wine vinegar
- ¾ cup ice water

Mix the garlic, salt, pepper, sugar, paprika and fennel together in a small bowl.

Place meat cubes, fat cubes and spices in a larger bowl and toss well.

Place mixture in the freezer while you prepare your meat grinder.

Use the largest die and have a large bowl ready to catch the sausage.

Remove the meat mixture from the freezer and grind it.

Combine the red wine vinegar and ice water and mix into sausage meat. *It should make the meat a little sticky.*

The sausage meat will keep in the fridge up to 5 days or in the freezer for up to 3 months