



RECIPE

FRESH SAUSAGES

**ROSA MATTO, NONNA'S CUCINA, SLOW FOOD SA,
GUMSHIRE PORK**

INGREDIENTS

For every kg coarsely minced pork add:

16-18g salt,

2gm cracked black pepper

1 tbsp fennel seeds

dried chilli to taste

You might like to add dried orange zest

CHEF'S TIP – make sure your pork contains 35-40 % fat otherwise the sausages will be too dry and heavy.

METHOD

After you add all the condiments make sure you mix well, massaging the meat for at least 10 minutes.

Then take a small amount and fry it to see if the flavour is to your liking. Adjust the seasonings.

Order natural casings from the butcher but wash them very thoroughly inside and out. Soak the casings in lemon juice for an hour or so to eliminate any odour.

Cut the casings to approx. 30 cm for regular sausages or leave them long to make a coil.

Using a sausage machine, fill the casings slowly and make sure that they are full, without air pockets (this may allow bacteria to grow.)

Keep for a day or two in the fridge.

Cook in a little olive oil over a slow heat until cooked through.



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Presented by

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