



MAKING FRESH SAUSAGE

A Recommended Procedure for Fresh Sausage

1. Grind the lean meat separate from the fat with a breaker plate (1/8").
2. Add the seasoning to the lean portion and mix for 5 to 10 minutes to extract the protein.
3. Add the fat and trimmings and mix 5 minutes.
4. Grind this meat mixture as desired, usually a sausage plate for coarse sausage.
5. If stuffing into a casing (such as Italian sausage), chilling the mixture for 2 hours before stuffing prevents fat smear.