

# Chicken Sausage

This sausage uses chicken and schmaltz, along with plentiful sage, garlic, ginger and pepper. And salt of course - sausage needs salt. My optimal salt level is 1.75 percent, so I multiply the weight of the meat (in ounces or grams) by 0.0175 to get that amount of the salt needed (also in ounces or grams). If you like less salt take it back to 1.5%.

This seasoning makes a great breakfast sausage as well as an excellent grilling sausage. If you have a sausage stuffer and like to link sausage, by all means stuff this sausage into casing. I like to cook this in patties and cook them either in a sauté pan or on the grill. The schmaltz can be replaced with pork fat or pork belly, if you have access to thighs but not schmaltz, but I think it's most intensely flavored using chicken fat.

I'm fanatical about keeping sausage fixings cold all the way through the making, and I'm especially crazy about it here, because chicken fat is pourable at room temperature. Thus it's important to keep everything - the fat, the meat, even the seasonings - close to frozen while you're making this. I freeze the fat, cut it in chunks and then grind it frozen. After grinding this can be mixed by hand using a stiff spatula, dough spatula or wooden spoon, but a standing mixer with the paddle attachment works best. Either way, make sure the mixing bowl is cold.

Yield: Makes about 2 pounds/900 grams sausage

## Ingredients:

- 1 1/2 pound/675 grams chicken thigh meat, diced and thoroughly chilled
- 225 grams schmaltz (rendered chicken or goose fat), frozen (or a scant cup if you don't have a scale, but shame on you)
- 1 tablespoon/10-12 grams kosher salt
- 3/4 cup roughly chopped fresh sage
- 2 large garlic cloves, finely minced
- 2 tablespoons finely chopped ginger
- 1 teaspoon freshly ground pepper
- 1/2 cup/120 milliliters dry white wine, chilled

## Preparation

1. Combine all the ingredients except the wine in a large bowl and freeze for 20 to 30 minutes. Measure the wine and put that in the freezer too. If your grinder attachment is metal, freeze that as well, and also your mixing bowl. Set up your grinder, remove the chicken mixture from the freezer, and grind it through a small or medium die into the freezing-cold mixing bowl. Return the meat to the freezer for 10 minutes and set up your stand mixer.
2. Remove the sausage mixture from the freezer and mix it with the paddle attachment on medium high for 60 seconds or so, adding the very cold white wine as you do. Paddling will distribute the seasonings and give the sausage a good bind help hold together rather than crumble. In order to be sure the seasoning is right, fry a small portion of the sausage (put the mixing bowl in the fridge while you cook the test piece). Taste the test piece. If you think the mix needs more salt, pepper, sage or ginger add it and repaddle it. You can do this as often as you like till you get the seasoning just so.
3. Wrap the sausage in plastic wrap in the shape of a cylinder, about 2-1/2 inches/7.5 centimeters in diameter. Put the wrapped sausage in a plastic bag. It will last a good week in the fridge (thanks to the salt); it can be frozen for 3 months (the longer you freeze it, though, the more chance it has of getting freezer burn or picking up unpleasant freezer odors, so label the bag with the date and don't forget about it).

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## **Chicken Sausage**

*10-lbs ground chicken*  
*1-tbsp freshly ground black pepper*  
*1-tbsp red pepper flakes*  
*1-tbsp dried sage*  
*1-tbsp dried thyme*  
*1-tbsp[ ground allspice*

Combine all ingredients, mix well & stuff into hog casing

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## **Duck Sausage**

*10-lbs ground duck*  
*1/2-cup dry red wine*  
*3-tbsp salt*  
*2-tbsp white pepper*  
*2-tsp mustard seed*  
*1-tsp freshly ground black pepper*  
*1-tsp dried minced sage*  
*1/2-cup minced onion*

Combine all ingredients, mix well & stuff into hog casing