

Homemade Breakfast Sausage

Adapted from Holiday Entertaining from Cook's Illustrated, 2011

Makes 16 2-ounce patties



- 2 pounds ground pork
- 1 tablespoon maple syrup
- 1 1/2 teaspoons sea salt
- 1 garlic clove, minced
- 1/2 teaspoon ground pepper
- 1 Tablespoon minced fresh sage (or substitute 1/2 tsp. dried)
- 1 Tablespoon minced fresh thyme (or substitute 1/2 tsp. dried)
- 1/8 teaspoon cayenne pepper
- 4 teaspoons butter or coconut oil
- Maple syrup, for serving (optional)

1. Spread pork out in a large bowl and add maple syrup, salt, garlic, pepper, sage, thyme, and cayenne. Using your hands, gently fold the flavorings into pork.

2. Grease a 1/4-cup measure with butter. Use the measure to form 16 patties of uniform size and place on a baking sheet. Cover baking sheet and patties with plastic wrap, then flatten each with your palm. (If making ahead of time, refrigerate the raw sausage patties for up to one day.)

3. Heat about 1 teaspoon butter or coconut oil in a stainless steel or cast iron skillet over medium heat until shimmering. Add as many patties as will fit in the pan and cook until well browned on both sides, about 5 minutes per side. Transfer to a paper towel-lined plate. Repeat process with remaining butter/oil and patties. Serve. Drizzle with a tiny bit of maple syrup, if desired.

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