



# Salsiccia

## Italian Sausage

Italian sausage is different from British Sausage. Don't believe the Internet, they are very definitely not interchangeable.. Italian sausage is 100% meat with added spices (most notably fennel). British sausage is up to 50% cereal. British sausages make a great stand alone dish, but Italian sausage are best for sauces.

When we lived in London a very frustrated Andrea went to the local butcher with a list of ingredients and had him make them specially.

These days Italian sausage is more readily available, and no one has to go bully the butchers (which is probably a good thing).

If you can't find it you can use mince, usually pork, but you can shake things up with chicken, turkey .... tofu?

### Ingredients

- 500 gms mince
- 1 tbsp finely minced garlic
- 1 tbsp finely chopped fresh parsley
- 1 tbsp red wine
- 1 tbsp sweet paprika
- 2 tspns salt
- 1½ tspns cracked black peppercorns
- 1 tspn cracked fennel seeds
- 1 tspn onion powder
- ¼ tspn dried thyme
- ¼ tspn dried rosemary
- ¼ tspn dried oregano
- ¼ tspn dried sage

### Method

Toast the fennel and black peppercorns for minute or two.

Combine all the ingredients in a large bowl. Mix by hand to blend thoroughly.

Wrap the meat in clingfilm, or baking sheet and chill for at least 6 hours, preferably overnight.

You can squeeze it into sausage skins, but for sauces you can just use it like mince.

The sausage will keep in the fridge for 3 days or can be frozen, well wrapped, for up to 3 months.