



# S Italian Sausage salsiccia

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 peppercorns  
 1 tspn cracked fennel seeds  
 1 tspn onion powder  
 ¼ tspn each of dried thyme, dried rosemary, dried oregano and 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 try to 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.