

Mediterranean Chicken Sausage Instructions:

These instructions are written for 5 Lbs. (2.27) sausage mix preparation. You will need meat grinder or food processor, sausage stuffer (not needed if you are making patties) refrigerator, sausage casing (not needed if making patties), 3.4 lbs. (1.54 Kg) boneless skinless chicken thighs or breast meat, 0.75 lbs. (0.34 Kg) feta cheese, 0.75 lbs. (0.34 Kg) beef fat (ask butcher shop to save it for you).

- Cut meat and fat in uniform size that can be taken by your grinder or food processor and place it in a mixing bowl.
- Cover and chill it in refrigerator for few hours.
- Mix 1 pack of spice mix by hand tossing meat with spices (wash hand before), and let it season in fridge for few hours (this will season and chill the meat and fat).
- Hand toss pre-chilled crumbled feta cheese and medium grind in meat grinder, or food processor. If you are using meat grinding and sausage making equipment then load it with washed Hog or sheep casing and start filling sausage. If not then grind meat and chill again for ½ hrs. or so. This can be filled in hog or sheep casing or made in to patties. Sausages can be air dried before refrigeration. Patties can be stacked between wax sheets for refrigeration. If desired freeze them first before vacuum sealing for longer term storage.
- These can be grilled or pan sautéed or oven baked to attain at least 170° F (~ 77° C) internal temperature.
- Enjoy on fresh salad with fruity dressing (check out harryz blog: <http://cookwithharry.blogspot.com/>) , by itself, with wine and cheese or in pasta with white and cheesy sauce. It is a very versatile sausage and can find many uses depending on your imagination.