

# MRS B SAUSAGE RECIPES

Last Updated Summer 2020



Blood  
Orange



# SAUSAGE RECIPES

## BASIC RECIPE:

1000g (2lbs) minced pork – 30% fat,  
70% lean  
100g (8oz) rusk  
200ml (3/4 cup) liquid  
17g (1tbsp) salt  
3g (1/2 tsp) pepper

Put rusk into liquidiser with  
seasonings for chosen recipe  
Add liquid to rusk mixture  
Add to minced pork

Notes on meat: *Shoulder cuts that include the fatty part are ideal. Pork belly, or a mixture of pork belly with shoulder or leg works well. In North American, there is a cut called Boston Butt that works well.*

Notes on liquid: *Water, red or white wine, beer, cider, apple juice are all options you can try out!*

## ENGLISH BREAKFAST SAUSAGE

Add 25g (1.5tbsp) chopped sage and thyme; 5g (1tsp) nutmeg; 3g (1/2 tsp) mace

## CAMBRIDGE SAUSAGE

Use 5g (1 tsp) black pepper instead of usual amount; add 5g (1tsp) nutmeg

## SPICY ITALIAN SAUSAGE

Add 10g (2 tsp) fennel; 3g (1/2 tsp) dried chilli, 6 cloves garlic; 10g (2 tsp) fresh rosemary  
For a non spicy sausage, leave out the chilli

## AZOREAN BRITISH CHOURIÇO

Add 16g (3 tsp) paprika; 3g (1/2 tsp) dried chilli, 6 cloves garlic  
Use red wine for liquid



IF YOU ENJOY THE  
RECEPIES PLEASE  
CONSIDER LEAVING US  
A REVIEW.



**ANY QUESTIONS?**

Email: [caroline@solarbranco.com](mailto:caroline@solarbranco.com)

Whatsapp: +351 919 077 260

