

Chicken Raisin Breakfast Sausage

This formulation created by my grand-daughter on Spring Break. She loves to cook and create new recipes. I turned her loose on my pantry and came up with this sausage. It's quite good for a 9 year old cook!

U.S.	Ingredient	Metric	Percent
5 lb.	Chicken thighs & skin	2268.0 g	86.0
¾ cup	Walnuts, chopped	90.0 g	4.0
1 cup	Apples, dried, diced	85.0 g	3.6
5 Tbs.	Raisins	55.5 g	2.5
5 tsp.	Salt	37.0 g	1.6
8 Tbs.	TVP, (natural color)*	30.0 g	1.3
1 Tbs.	Sugar, brown	11.0 g	0.5
½ tsp.	Sodium polyphosphates*	5.0 g	0.2
1 tsp	Quatre epice, ground	3.0 g	0.15
1 tsp.	Sage, ground	0.7 g	0.04
	20-22 mm sheep casings		
5½ lb.	← Totals →	2.6 Kg	



*optional—contribute to moisture retention and overall appearance. Quatre epice is also known as “French spice”

This formulation is based on metric measures; U.S. measures are approximate!



Method:

1. Bone the chicken keeping the meat with the fat and skin. Chill the meat and the fat/skin until almost frozen.
2. Grind the meat and skin through a 3/16-inch (4.5 mm) fine plate.
3. Add the salt to the meat and mix it in very well until a very sticky paste is formed.
4. Add the remaining ingredients to the meat paste and mix them in well.
5. Stuff into 20-22 mm sheep casings and braid them into 5-inch links.

Len Poli

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Sonoma Mountain Sausage Company - Sonoma, California