

# BOB'S CHICKEN SAUSAGE

Sausage is a tradition as a breakfast meat, and it is always good for me. However, here is a sausage that not only uses a different meat base, but has some wonderful new surprises that adds some wonderful tastes as a breakfast accompaniment. Give it a try and see what you think.

## Ingredients

- 1 granny smith apple, cored and finely chopped (not skinned)
- 1 small onion, finely chopped
- ½ tablespoon butter and ½ tablespoon home made lard (see other recipe)
- 1 heaping teaspoon fennel seed
- 1 ½ teaspoons dried sage crushed
- 1 ½ teaspoons home made poultry seasoning (see other recipe)
- 1 teaspoon freshly ground allspice
- 1 teaspoon paprika
- 1 ½ pounds ground chicken thigh meat
- Salt and pepper
- Olive oil for drizzling

## Process

First for the meat: I use chicken thighs, because I like the dark meat and the chicken breasts are a bit dry and uninteresting. Drum sticks are out because they are too difficult to deal with getting the raw meat off the bones. Besides, if you buy hind quarters, it will be cheaper and you can use the drums for your broth making along with the backs if they are included. You probably can't buy ground chicken thigh meat anyway, so we will do it the old way. First, remove any skin and fat from 3 or 4 thighs (about 2 pounds or so) and save it in the freezer for making schmaltz and greibenes another day (see other recipe). If you throw it away, you are missing out big time. Bone the chicken thighs. Again, if you make chicken broth, save the bones and bits in the freezer for the day you make your broth (see other recipe). If you have a manual or electric meat grinder, cut the thighs up into about ½" to ¾" pieces and then put them through the medium meat grinder. If you don't have a meat grinder, a food processor with a metal blade may do, but be careful not to get it too fine as it will turn rather mushy. Or the last way is to dice it as fine as you can with your sharp knife. Some cooks say this is the best way, but I default to my manual meat grinder with a medium blade.

Now get out your favorite sauté pan and add the butter/lard or your favorite fat and sauté the apples and onions and add the fennel seeds and some salt and pepper. Sauté until just soft, maybe 5 or so minutes then set aside to cool.

In a bowl, add the chicken and all the ingredients including the onions and apples. Drizzle with olive oil, and add salt and pepper too. Don't be shy about the amounts of oil, salt and pepper. Mix up the whole mess well and form into patties about 2 ½" in size. You should get about 12 small patties, but you can make them the size you wish for breakfast.

Refrigerate until you are ready to cook these lovely morsels. If you are like me, you may have doubled or more the recipe so you can have lots. Yes, this does freeze well. So you can put them on a cookie sheet and freeze. Once frozen, they can be transferred to a plastic bag awaiting removal of just the right quantity to defrost in the refrigerator overnight.

To cook, simply sauté as you would any sausage: quickly so there's a dark partial crust on the outside and cooked through on the inside. Depending on how much oil you used to assemble, you may need to add a little oil to the pan when you cook them (or not).