

Breakfast Sausage

About 12 pieces

- 1 T chopped fresh sage leaves
- 2 tsp chopped fresh thyme leaves
- 1 tsp fennel seeds, crushed
- ½ tsp crushed red pepper flakes, optional
- ⅛ tsp ground nutmeg
- Salt and freshly ground black pepper, to taste
- 675 g ground pork
- 3 slices (uncooked) bacon, diced
- 2 T maple syrup, optional
- 1 T canola oil



1. In a small bowl, combine **sage, thyme, fennel seeds, red pepper flakes, nutmeg, 1½ tsp salt** and **1 tsp pepper**.
2. In a large bowl, combine **pork, bacon, maple syrup** and **sage mixture**; don't over mix.
3. To shape the patties, scoop out **55 g of pork mixture** (or use large ice cream scoop) and flatten to create 2 7-cm wide patties, forming about 12 patties.*
4. Heat canola oil in a large skillet over medium heat. Add sausage patties and cook until browned, **about 2-3 minutes per side**.

NOTES:

**TO FREEZE: Uncooked sausage patties can be frozen between sheets of parchment paper for up to 1 month. Cook over medium low heat, turning often, until browned and cooked through, about 10 minutes. DO NOT THAW.*