

ANDOUILLE SAUSAGE

Time: 10 minutes

Serves: 6

Ingredients:

10g salt
5g onion powder
3g garlic powder
1g cayenne pepper
1g ground mace
1g ground cloves
1g dried mustard
0.5g dried thyme
0.5g ground allspice
1kg ground pork

Preparation:

In a small bowl, combine all ingredients except pork.

Place pork in a large bowl. Sprinkle the spice mixture over the pork and mix until evenly distributed.

Use for patties or browned and crumbled for other recipes. Cook to 71C.

Nutritional Information Per Serving:

Calories: 500	Hand-Size Portion Guide
Fat: 35g	Palms of Protein: 1
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 45g	Thumbs of fat: 0