

SIDE DISH

Pork Sausage

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
105 min	93 min	12 min	8	\$0.53	316 kcal



The recipe Pork Sausage can be made in about 1 hour and 45 minutes. One serving contains 316 calories, 11g of protein, and 29g of fat. This gluten free and dairy free recipe serves 8 and costs 53 cents per serving. 1 person were impressed by this recipe. Not a lot of people really liked this side di...

Ingredients

- ☐ 8 servings Coleslaw, for serving
- ☐ 3 cloves garlic, minced
- ☐ ½ pound pork fatback, cubed
- ☐ 1 tablespoon sugar
- ☐ 1½ teaspoons fennel seeds, toasted
- ☐ 8 servings Kosher salt
- ☐ 1½ pounds pork shoulder, cubed

EQUIPMENT Bowl, Frying pan, Grill, Stand mixer, Meat grinder

Method

- 1 Combine the pork, pork fatback, sugar, garlic, fennel seeds and 1 tablespoon salt in a large bowl.
- 2 Transfer to a large plastic zip-top bag and refrigerate overnight.
- 3 At least 30 minutes before grinding the meat, place all of your tools (including the meat grinder parts, stand mixer bowl, stand mixer paddle attachment and sausage stuffer parts) in the freezer to chill.
- 4 Using your meat grinder, grind the marinated meat mixture through the small die plate into the chilled bowl of the stand mixer. Refrigerate at least 30 minutes, then return the mixture to the mixer and beat on medium speed using the chilled paddle attachment, 1 to 2 minutes. Refrigerate until ready to use.
- 5 Stuff the sausages and, for best results, refrigerate overnight. Before cooking, pierce each sausage several times with a pin. Grill over medium heat until the center registers 150 degrees F, 10 to 12 minutes. (You can also pan-fry or broil the sausages.)
- 6 Serve with coleslaw.
- 7 Photograph by Kat Deutsch

Nutrition per serving

	316 KCAL	11 g PROTEIN	29 g FAT	2 g CARBS
Saturated Fat				10.4 g · 65% of daily needs
Sugar				1.5 g · 2% of daily needs
Sodium				237 mg · 10% of daily needs
Cholesterol				50.9 mg · 17% of daily needs
Vitamin C				1.2 mg · 2% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/pork-sausage-142361