



## Spicy Lamb and Mint Sausage

READY IN



105 min.

SERVINGS



15

CALORIES



542 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 30 foot hog casing with water
- ☐ 2 ounces chipotle chiles in adobo sauce minced
- ☐ 15 servings crusty rolls for serving
- ☐ 15 servings feta cheese crumbled for serving
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 cup mint leaves fresh chopped
- ☐ 15 servings kosher salt
- ☐ 3 pounds lamb shoulder cubed trimmed

- ☐ 1 orange zest finely grated
- ☐ 1 pound pork fatback cubed
- ☐ 0.5 cup red wine chilled
- ☐ 15 servings roasted peppers red for serving
- ☐ 0.5 cup milk whole chilled cold

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ stand mixer
- ☐ meat grinder

## Directions

- ☐ Combine the lamb, pork fatback, mint, chipotles, chives, black pepper, orange zest and 2 tablespoons salt in a bowl.
- ☐ Transfer to a large plastic zip-top bag and refrigerate overnight.
- ☐ 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.
- ☐ 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.
- ☐ Add the milk and wine and beat on medium speed using the chilled paddle attachment until combined. Refrigerate until ready to use.
- ☐ 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 160 degrees F, 10 to 12 minutes. (You can also pan-fry or broil the sausages.) Slice the sausages lengthwise and serve on a split toasted baguette with crumbled feta and roasted peppers.
- ☐ Photograph by Kat Deutsch

# Nutrition Facts

PROTEIN 21.09% FAT 75.92% CARBS 2.99%

## Properties

Glycemic Index:10.47, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:14.056956405225%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 542.12kcal (27.11%), Fat: 44.77g (68.88%), Saturated Fat: 17.16g (107.27%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.1g (1.13%), Sugar: 0.71g (0.79%), Cholesterol: 128.53mg (42.84%), Sodium: 640mg (27.83%), Alcohol: 0.85g (100%), Alcohol %: 0.54% (100%), Protein: 27.99g (55.97%), Vitamin B12: 2.39µg (39.91%), Selenium: 22.4µg (31.99%), Vitamin B2: 0.54mg (31.72%), Phosphorus: 279.85mg (27.98%), Zinc: 3.83mg (25.56%), Calcium: 227.69mg (22.77%), Vitamin B3: 4.39mg (21.96%), Folate: 77.58µg (19.39%), Vitamin B1: 0.19mg (12.57%), Vitamin B6: 0.25mg (12.48%), Iron: 2.13mg (11.81%), Vitamin D: 1.26µg (8.39%), Copper: 0.16mg (7.96%), Vitamin B5: 0.8mg (7.96%), Potassium: 270.7mg (7.73%), Vitamin A: 367.87IU (7.36%), Magnesium: 29.18mg (7.3%), Manganese: 0.13mg (6.5%), Vitamin C: 2.92mg (3.54%), Fiber: 0.86g (3.46%), Vitamin K: 2.8µg (2.67%), Vitamin E: 0.35mg (2.3%)