



## Turkey Weisswurst (White German-Style Sausage With Lemon, Nutmeg, and Parsley)

 Gluten Free

READY IN



1440 min.

SERVINGS



3

CALORIES



1270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter (if browning in skillet)
- 0.5 teaspoon ginger fresh grated
- 0.3 cup parsley fresh finely chopped
- 0.5 teaspoon pepper white
- 30 grams ice crushed
- 15 grams kosher salt
- 0.5 teaspoon lemon zest grated

- 3 servings mustard sweet whole for serving
- 0.3 teaspoon nutmeg grated
- 320 grams fat salted
- 600 grams turkey meat lean trimmed cut into 1/2-inch cubes (such as tenderloins or breast)
- 75 grams onion diced yellow finely

## Equipment

- food processor
- bowl
- frying pan
- pot
- microwave
- pastry bag

## Directions

- Combine turkey and salt in a large bowl and toss until evenly coated.
- Transfer to an airtight container and refrigerate at least 1 night and up to 2 days. Meanwhile, bring a medium pot of water to a boil over high heat.
- Add salt pork and onion and cook until translucent, about 2 minutes.
- Drain, rinse under cold water, and place in freezer until ready to use.
- Combine turkey, lemon zest, ginger, white pepper, parsley, and nutmeg in the bowl of a food processor. Process until a smooth paste is formed, about 30 seconds, stopping to check temperature and scrape down sides every 10 seconds. If mixture rises above 50°F, place entire work bowl of food processor in freezer for 10 minutes before continuing.
- Add crushed ice to food processor and process until ice chunks are gone, about 30 seconds. With machine running, slowly add frozen fat and onions, stopping every 15 seconds to scrape down sides and check temperature. If mixture rises above 50°F, place entire work bowl of food processor in freezer for 10 minutes before continuing. Process until mixture is completely smooth. Cook a small amount of mixture in a skillet or in the microwave to taste for seasoning and adjust according to taste.

- Fill pastry bag fitted with a smooth round tip or a sausage stuffer with mixture, being careful to incorporate as little air as possible. Feed hog casings over tip and tie off the end. Fill casings slowly and steadily, tying or twisting off links as you go if desired. Chill sausages at least 1 hour and up to overnight before cooking.
- To cook, bring 2 quarts of water to a simmer in a medium pot and remove from heat.
- Add sausages, cover, and let cook for 20 minutes.
- Serve as-is with mustard, or place in freezer for 10 minutes.
- Remove sausages from freezer and melt butter in a large skillet over medium heat until foaming subsides.
- Add sausages and cook, turning occasionally, until golden brown on both sides, about 4 minutes.
- Serve with mustard.

## Nutrition Facts

**PROTEIN 14.58%** **FAT 84.36%** **CARBS 1.06%**

### Properties

Glycemic Index:75.33, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:25.20521715413%

### Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

### Nutrients (% of daily need)

Calories: 1270.19kcal (63.51%), Fat: 118.4g (182.15%), Saturated Fat: 47.6g (297.53%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.38g (0.86%), Sugar: 1.39g (1.54%), Cholesterol: 255.4mg (85.13%), Sodium: 2293.32mg (99.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.05g (92.1%), Vitamin B3: 16.33mg (81.67%), Vitamin K: 82.83µg (78.88%), Selenium: 47.36µg (67.66%), Vitamin B6: 1.34mg (67.2%), Vitamin B12: 2.5µg (41.6%), Phosphorus: 398.89mg (39.89%), Zinc: 3.95mg (26.33%), Vitamin B2: 0.4mg (23.71%), Vitamin D: 3.07µg (20.44%), Vitamin B5: 1.77mg (17.66%), Potassium: 547.08mg (15.63%), Magnesium: 62.53mg (15.63%), Vitamin A: 718.83IU (14.38%), Iron: 2.24mg (12.43%), Vitamin C: 9.04mg (10.96%), Copper: 0.19mg (9.39%), Vitamin B1: 0.13mg (8.44%), Vitamin E: 1.1mg (7.32%), Folate: 27.22µg (6.8%), Manganese: 0.11mg (5.5%), Calcium: 43.23mg (4.32%), Fiber: 0.97g (3.88%)