

Turkey Breakfast Sausage

Author: Adapted from recipeczar.com

Carolyn T's
Main Cookbook

Servings: 10



Notes: You can vary the seasonings to your own tastes. There are plenty of recipes out there for seasoning breakfast sausage. You can make up the patties in a large quantity as they will keep in the freezer for a couple of months. Ground poultry spoils quickly, though, so don't defrost any more than you'll use in one, or at the very most, two days.

1. Grind herb seeds (fennel and white peppercorns and sage) in a mortar and pestle, or use a spice grinder. Combine all the spices in a small bowl and set aside.
2. Place ground turkey in a large mixing bowl. Sprinkle spices on top and drizzle olive oil over all. Using your hands, mix well until you see no streaks of herbs. Form into 20 small flat patties, gently reshaping (by pushing them in a bit) any edges that are too thin. You want patties to be of a fairly even thickness. Place on waxed paper lined cookie sheet. Freeze until frozen solid, then place in heavy-duty plastic bags and keep in freezer until ready to use.
3. Remove patties and defrost in refrigerator for about 24 hours. Saute in a nonstick skillet until browned on both sides. You may want to drizzle a bit of olive oil in the pan before cooking. **DO NOT OVERCOOK**, or they will be dry and inedible.

- 1 pound ground turkey
- 1 teaspoon salt
- 2 teaspoons sage, crushed
- 1 teaspoon fennel seeds, ground
- 1 teaspoon dried thyme, crumbled
- 1 teaspoon black pepper, ground
- 1/2 teaspoon white pepper, ground
- 1/2 teaspoon cayenne
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground allspice
- 1/4 teaspoon ground ginger
- 3 tablespoons extra virgin olive oil

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 107 Calories; 8g Fat (66.8% calories from fat); 8g Protein; 1g Carbohydrate; trace Dietary Fiber; 36mg Cholesterol; 256mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Fat.