

Scott's Italian Sausage

2lbs lean pork loin (trim the fat)

Olive Oil

1 TBSP whole fennel seed

2 Bay Leaves crushed

1 TBSP dried parsley

3 Cloves Garlic chopped

½ tsp dried hot red pepper flakes

1 tsp salt

½ tsp ground black pepper

Dry white wine (chardonnay)

Grind the pork loin with a meat grinder. Add seasonings and mix together with your hands. Add some olive oil. Add white wine and mix several times while adding more wine until you feel the meat is moist. This will keep the sausage moist. Bag the meat in zip lock bags and freeze until ready to use. Don't overcook.