



## *Homemade Breakfast Sausage*



### **Ingredients:**

- 2 pounds freshly ground pork shoulder
- 2 tablespoons dark brown sugar
- 2 teaspoons rubbed sage
- 2 teaspoons kosher salt
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon freshly ground black pepper
- Pinch crushed red pepper flakes
- 2 tablespoons unsalted butter

### **Method:**

1. Place the pork in a large bowl and add the brown sugar, sage, salt, garlic powder, smoked paprika, black pepper and red pepper flakes. Mix well using your hands. Form patties from heaping ¼ cups of the mixture, about ½-inch thick.
2. Melt the butter in a large cast-iron skillet over medium-high heat. Cook the sausage patties in two batches until the internal temperature reaches 160F, about 5 minutes per side.
3. Serve warm with eggs or pancakes.