



Chicken & Apple Sausage

Chicken is a lighter alternative to the traditional sausage meats and the additional of fresh apples and cider gives this dish a seasonal and regional accent. I like giving them a light smoking and warming them just before serving. Mustard and sauerkraut and fresh garden herbs make a great accompaniment.

Serves 8-10 as an appetizer.

Special equipment needed:

A meat grinder with fine blade and a sausage stuffing horn.

Ingredients:

2.5-3 lbs. bone-in, skin-on chicken thighs (to yield 2 lbs. of boneless meat)
1 medium tart apple, peeled, cored, & grated or finely diced
1 TBS salt
1 tsp ground black pepper
½ tsp granulated garlic
½ tsp granulate onion
½ tsp ground fennel seed
1 cup apple cider
1 TBS lemon or lime juice
Sausage casings, soaked and rinsed.

Procedure:

1. Reduce the cider in a saucepan to ¼ cup over high heat and let cool.
2. Toss processed apple with lemon juice and put aside.
3. Remove the bone and any tough cartilage from the chicken. Leave the skin and all of the fat on the meat.
4. Chop the meat into 1" chunks and put through a meat grinder with a fine blade.
5. Add all the seasonings, the cider and the apple and mix thoroughly.
6. Attach a stuffing horn to the meat grinder, attach the casing and fill.
7. Tie the sausages off and create 4" links.
8. Poach the sausages in simmering water until an internal temperature of at least 160 F is reached.
9. Let cool and lightly brown over medium heat with clarified butter before serving. The sausages will taste better hours after cooked or even the next day.