

125: Meaty Mains

Italian Sausage Sandwich

Leighann Smith, Piece of Meat

5 1/2 pounds pork shoulder

40.5 grams salt

5.5 grams red pepper flakes

9.5 grams black pepper

20 grams cracked fennel

Pinch of #1 curing salt

Approximately 9 feet of 32-35 mm natural pork casings

Cut the pork shoulder into strips that will fit into the hopper of your grinder. Grind the pork using a 3/8-inch (coarse grind) meat grinder plate. Refrigerate the ground pork until use. It should be cold during preparation of the sausage.

In a bowl, mix all the spices. Combine the ground pork and the spice mix in a stand mixer or, if you are mixing by hand, in a large bowl. Mix for approximately 2 minutes until the sausage is nicely incorporated.

Pump the sausage into the casing, first tying off the end. Stuff firmly, adding as little air as possible, until the casing is filled to the last few inches. Tie off and continue with the remaining casings and pork mixture. Twist and tie off each sausage section into 6-inch links. Alternatively, the sausage can be left loose.

Freeze in meal sized portions in plastic bags for future use. For immediate use, refrigerate the sausages for 30 to 45 minutes before cooking.

The sausages can be cooked on a baking sheet lined with foil in a 375 degree oven for 10 to 15 minutes. Cook to an internal temperature of 160 degrees. The sausages can also be grilled for 15 to 20 minutes until uniformly browned.

Makes about 16 sausage links.

Sandwich Assembly

1/4 cup butter
2 green bell peppers, sliced
1 large white onion, sliced
4 Italian rolls
8 slices provolone cheese (or more taste)
Yellow mustard
4 cooked Italian sausage links

Melt the butter in a saucepan, then add the bell pepper and onion. Sauté over medium-high heat. Reduce the heat and stew slowly for 15 to 20 minutes, stirring frequently. Keep warm until use.

Toast the rolls then spread them with mustard. While the buns are warm, place slices of provolone cheese in them. Place the sausages in the buns, then top with the pepper-onion mixture.

Serves 4.

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