

Italian Sausage (Vic's Recipe)

Main Ingredients

5 lbs	pork (coarsely ground)
	pork casings

Spices

1-1/2T	chili flakes
1 t	Anise
1 T	Fennel seed
1 T	salt (not iodized)
1 T	pepper
1 C	Cold Water
5 Cloves	Garlic

Preparation for stuffing:

1. Mix spices together
2. Blend garlic & cold water in blender
3. Mix garlic mixture with spice mixture with meat.
4. Stuff mixture into rinsed pork casings. Stuff into links. Put in a plastic bag. Remove air. Mark the bag and then freeze.

Preparation for eating:

1. Thaw sausage.
2. Bring to a boil and simmer for 20 minutes.
3. Cook with spaghetti sauce, lasagna, pizza, etc

