



## *Spicy Italian Sausage*



### **Ingredients:**

- 3-4 lbs of pork (grind your own)
- ½ tsp salt
- 1 Tbls garlic salt
- ½ tsp pepper
- 1 Tbls paprika
- ¼ C olive oil
- ½ Tbls anise
- 2 Tbls fennel seed
- 1 Tbls red pepper

### **Method:**

1. Place the ground pork into a large bowl. Season with salt, garlic salt, black pepper, and paprika.
2. In a blender or food processor, blend together the oil, anise seed, fennel seed, and red pepper flakes.
3. Mix everything into the ground pork until well blended.
4. Refrigerate for 24 hours to let flavors blend.
5. Bag and freeze in portions that suit your needs.