

Merguez Sausage

Easily one of the most flavorful sausages, Merguez packs a spicy and zesty punch. Traditionally from North African coastal regions, each has its own unique style and spice mixture. This recipe is heavy on garlic, roasted red peppers and cumin. For a Moroccan inspired meal, serve grilled with braised chickpeas, stewed tomatoes and black olives.

PREP TIME: 30 minutes

COOK TIME: 12-15 minutes

TOTAL TIME: 45 minutes plus overnight setting time

SPECIAL EQUIPMENT:

KitchenAid® Food Grinder Attachment fitted with the fine grinder plate; Large bowl

KitchenAid® Sausage Stuffer and large Stuffing Tube; Sheet pan lined with parchment paper

INGREDIENTS:

- 1 pound (454g) lamb shoulder or leg, cut into 1-in/2.5-cm cubes
- 1 pound (454g) beef shoulder, cut into small 1-in pieces/2.5-cm cubes
- 3 (12-15g) garlic cloves, peeled
- ½ cup (about 20g) parsley, chopped
- 1 teaspoon (5g) sugar
- ½ teaspoon (1g) red pepper flakes
- 1 cup (150g) roasted red bell pepper, cut into a small dice
- 1 ½ teaspoon (4g) smoked paprika
- 2 tablespoons (6g) dried oregano
- 1 teaspoon (2g) ground cumin
- 2 tablespoons (30ml) red wine
- 2 tablespoons (30ml) water
- 2 teaspoon (10g) kosher salt
- 1 teaspoon (5g) ground black pepper
- 5 feet large sausage casing, rinsed and soaked in cold water for 30 minutes

INSTRUCTIONS:

Place lamb and beef on parchment lined baking sheet and freeze for 20 minutes before proceeding. Then season the lamb and beef in a large bowl with the salt, pepper, cumin, parsley, sugar, red pepper flakes, paprika, oregano and add the whole garlic cloves.

Attach your KitchenAid® Food Grinder attachment fitted with the fine grinding plate to your KitchenAid® Stand Mixer. Place the bowl under the grinder, turn

the mixer to Speed 4 and feed the seasoned meat through the grinder, taking care not to force it through.

Remove the bowl from under the grinder, add the red wine, water and roasted bell peppers, and use your hands or a spatula to mix all the ingredients together well. Keep cold. Attach sausage stuffer with large stuffing tube to the mixer.

Grease sausage tube with a little olive oil or water, and slide casings on tightly. Set a baking pan with a little water under the sausage stuffer for the sausage to lay in as they are being stuffed. Keep your hands wet with water as you work with the casings. Tie off the end and pierce it with a knife tip or kitchen pick with a tip the size of a small nailhead. Turn the mixer to speed 4 and slowly feed the sausage mixture into the hopper using the food pusher. Hold tied end of casing in one hand and guide the sausage mixture as it fills up. Do not pack too tightly into the casing. Coil the filled casing on the pan as you go, then pinch 4-in/10.16-cm lengths before twisting every other link about six times. Set the pan in the refrigerator, leaving the links connected overnight before separating.

To cook:

Heat a large skillet or cast iron pan over medium high heat, add 1 tablespoon/15ml of olive oil and brown the sausages on all sides. Reduce heat to low and cook for 15 to 20 minutes until cooked through.

Grill over medium heat for about 5 minutes. Flip and finish on the other side for 5 more minutes. Serve immediately sprinkled with fresh squeezes of lemon and chopped fresh oregano.

CHEF'S NOTES:

Add about 2 tablespoons/10g *harissa* to the sausage mix before stuffing for added spice and a more pungent flavour.

You can also make Merguez with just lamb and no beef in the mixture.

MAKES 8 SERVINGS

Nutrition - 1 Serving

Calories 313 Fat 11g	Carbs 3g Protein 33g Sugars 1g Dietary Fiber 1g	Cholesterol 111 mg Sodium 917 mg
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