

Calabrian Pork Sausage Burgers

By Vince Garreffa

This is a recipe for the old at heart that remember the taste of hand made sausages made every winter by Europeans. They made them in the traditional way and shared them with many non-european neighbours. The finished product and its folklore have been brought to this wonderful country. I have taken a city dwellers approach and not put the meat into sausage casings as my father and his father had passed down to us. If prepared one day before cooking it will repeat the taste we remember as children and maybe start a tradition with our children of using a home blender to make easy work of a kilo of meat for entertainment instead of the serious task of making 100kg or more all by hand to nourish the family through winter in my grandfathers time.

Ingredients:

- 1kg Pork Shoulder Meat with 15% fat
- WA Organic Lake Salt to taste
- Freshly ground black pepper to taste
- 30gm fennel seeds
- Chilli to taste
- 1 tablespoon chopped flat leaf parsley
- 2 tablespoons Extra Virgin Olive Oil

Method of Preparation:

Dice the meat small with a knife especially the fat so that it will mix very well. Put the meat into a blender with a strong motor such as a sunbeam oscar (large size). Salt should be added at 30gm per kilo (20 grams if you do not like to drink a lot) plus the rest of the ingredients. Now whizz them all together for one to two minutes, you should now have a sticky paste. Form into big meatballs then flatten to cook as burgers in a pan with a little olive oil at a medium heat not too hot. For an old fashioned taste cook the next day.

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 8am – 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au