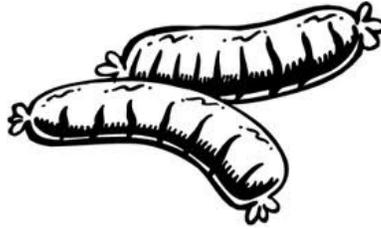


# Cooking with Sausage



Looking for locally raised meat that is easy to prepare, economical, and full of flavor? Sausage is a great choice! Local farmers offer a huge variety of sausage options, ranging from classic breakfast sausages to spicy chorizo, Greek lamb sausage, smoked kielbasa, and many other enticing choices. Take yourself on a tour of the Winter Farmers' Market and talk with farmers about the specialty sausages and cuts of meat they offer. Find out how their sausages are made, and how their animals are raised. Stock your freezer with your favorites, and look forward to some delicious meals! Here are a few recipes for inspiration.

## Potato, Sausage & Spinach Breakfast Casserole

*Recipe source: [www.bonappetit.com](http://www.bonappetit.com)*

16 large eggs  
1 1/4 cups whole milk or cream  
1 1/2 tsp kosher salt plus more  
3/4 tsp freshly ground black pepper plus more  
5 Tbsp unsalted butter, divided  
12 ounces fresh breakfast sausage links  
2 cups sliced leeks  
2 russet potatoes (1 1/2 lbs), peeled, shredded, and lightly squeezed  
3/4 pound roughly chopped spinach  
1 1/2 cups grated Gruyère  
1/2 cup grated Parmesan

1. Position a rack in top third of the oven; preheat to 350°. Whisk eggs, milk, salt, and pepper in a large bowl; set aside.
2. Melt 1 Tbsp. butter in a 12" cast-iron or nonstick ovenproof skillet over medium heat. Add sausages and cook, turning often, until browned all over, about 10 minutes. Transfer to a plate. Add leeks to skillet. Season with salt; cook until wilted, about 5 minutes. Transfer to a small bowl.
3. Melt 2 Tbsp. butter in same skillet over medium heat. Add potatoes, spreading out in an even layer. Cook without stirring until bottom and edges are crisp and golden brown, about 10 minutes. Slide potato pancake onto a large plate. Invert onto another large plate. Melt 1 Tbsp. butter in skillet. Slide potato pancake into skillet browned side up; cook until bottom is golden brown, about 10 minutes.
4. Scatter spinach, leeks, and sausages over potato pancake, each in an even layer. Season with salt and pepper, then pour in egg mixture. Sprinkle with cheeses.
5. Bake until casserole is puffed and golden brown, 35–40 minutes. Serve warm or at room temperature.

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## Sausage, Kale, and Potato Soup

Recipe source: [www.food52.com](http://www.food52.com)

1 Tbsp butter  
1 large yellow onion, diced  
2 garlic cloves, minced  
2 carrots, chopped  
4 fully cooked sausage links (try andouille, chorizo, kielbasa, or Italian)  
2 large russet potatoes, peeled and cubed  
1 large sweet potato or yam, peeled and cubed  
salt & pepper  
a few pinches rosemary (fresh or dried)  
red pepper flakes to taste  
1 bunch kale, washed, ribs removed, chopped  
8 cups broth--chicken or vegetable

1. Add a few pours of olive oil and the butter to a stock pot or Dutch oven, heat on medium. Add onion, and cook until translucent. Add garlic and carrots, and cook until fragrant, but don't let garlic burn or brown too much. Add salt, pepper, rosemary, and red pepper flakes to taste.
2. Add sausage, and cook until slightly crisp on the edges—we want it to really meld with the flavor of the onions and garlic, and to release some of its fat into the pot. Next, add russet potatoes and cook for a minute or two, just long enough for the potatoes to start sticking to the bottom of the pot, but not enough to burn.
3. Add broth, and bring to a boil, scraping cooked bits off the bottom of the pot. Boil for a few minutes, then add the sweet potatoes. Taste, and add more salt/pepper/flakes, if needed.
4. Turn heat to medium/low, cover, and simmer. When potatoes are soft and starting to break apart (you'll have to start checking after about 10 minutes), add kale.
5. Cook for a few more minutes, until kale has reduced, and serve with crusty bread.

## Sausage Gravy

Recipe source: [www.food52.com](http://www.food52.com)

Serve this Southern-style gravy over biscuits, mashed potatoes, pork, or turkey.

1/2 pound sausage	1/4 teaspoon brown sugar
4 tablespoons all-purpose flour	1/2 teaspoon salt
2 1/2 cups milk	1 1/2 teaspoon black pepper

Cut the sausage out of its casing. Using a cast iron skillet, allow the sausage to cook to the point where it begins to separate and crumble. Pour off all but a few tablespoons of the grease. Over a high flame, slowly sprinkle the flour until it begins to brown. Add the milk and sugar, and using a whisk, work out the lumps, stirring constantly until the gravy thickens. (Keep an eye out that it does not burn.) Stir in the salt and pepper, and serve immediately.

## Chorizo Scrambled Eggs

recipe source: [www.epicurious.com](http://www.epicurious.com)

6 oz chorizo (or other spicy sausage)  
2 tablespoons canola oil  
10 large eggs  
chopped fresh cilantro for garnish

Remove sausage from casings and cook in oil in a 12" skillet, stirring and breaking up meat, until bubbling and completely separated, 4 to 5 minutes. Whisk eggs together in a bowl and stir into chorizo. Cook, stirring, until eggs are scrambled and just set, about 5 minutes. Serve immediately with warm tortillas.