



## LORNE SAUSAGE

### Ingredients

- 450g (1lb) minced beef
- 450g (1lb) minced pork
- 250g breadcrumbs (not fresh)
- 1 tsp ground black pepper
- 1.5 tsp coriander
- 0.5 tsp nutmeg
- 0.5 tsp mace
- 120ml cold water

### Method

This is a mix of beef and pork, you can however make all beef, just remember you need a high fat content.

You will need a loaf tin and some cling film.

- Line your loaf tin with clingfilm, with enough hanging over the edges to wrap over the top.
- Add all the ingredients to a bowl and use your hands to thoroughly combine.
- Squash the sausage meat into the loaf tin as densely as possible and wrap the clingfilm over the top so it's fully covered.
- Place in the freezer for 2 hours, or until firm enough to slice. Don't use pre-frozen meat for this recipe as meat should only be frozen and thawed once. Alternatively, leave in the refrigerator for 24 hours until it is firm.
- Remove the sausage from the tin using the clingfilm to lift it out and then cut into 1cm slices.
- You can use immediately, put in the fridge to be used within the next 2 days, or put pieces of baking paper between slices and place them in a container to fully freeze and pull out to use as you wish.
- Fry each side for a few minutes on medium heat, you shouldn't need to add oil, or grill and then serve in a morning roll with your choice of sauce, as part of a full Scottish breakfast, or even in your Stovies!