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Andouille Scramble

The spicy andouille sausage from Moody's Meats inspired this dish, but if your tastes lean toward less heat, a sweet Italian sausage would also work here.

One link of andouille sausage
2 whole eggs
2 egg whites
Salt and pepper

Remove the sausage from the casing and break the sausage into small pieces. Discard the casing.

Whisk the eggs and egg whites together in a small bowl.

Heat a non-stick skillet over medium high heat and add the sausage pieces. Stir the meat to prevent sticking and cook until it is no longer pink.

Pour the egg mixture into the pan and as the eggs begin to set, gently and slowly draw a wooden spatula or spoon through the center of the egg mixture and around the sides and bottom of the pan to form large, soft curds.

Continue to cook the eggs in this manner until the eggs are thickened and no visible liquid egg remains. Do not vigorously stir the eggs during this process.

Remove the pan from the heat and place the eggs and sausage mixture on a serving platter.

Serve immediately.

Serves 2.

Victoria Wesseler