



www.goinglocal-info.com

Homemade Italian Sausage Sandwiches with Peppers and Onions

We grow lots of fennel-- not only for the delicious licorice tasting bulb, but for the seed and pollen as well. If you grow fennel, harvest some of the pollen from the flowers. It has a beautiful perfume and can be used to dust salmon before grilling it. This recipe uses the fennel seeds as a flavoring for a tasty and quick homemade sausage patty.

1 teaspoon kosher salt
1 teaspoon coarsely ground fresh black pepper
1 teaspoon red pepper flakes
1 tablespoon fennel seeds, lightly crushed
1 pound ground pork
3 tablespoons olive oil
2 large sweet onions, sliced into ¼ inch slices
1 green bell pepper, cut into ½ inch strips
2 red bell peppers, cut into ½ inch strips
4 ciabatta rolls, sliced lengthwise

Combine the first four ingredients in a small bowl.

Place the ground pork into a large mixing bowl and sprinkle with the spice mix.

Working gently so as not to compact the meat, combine all ingredients using a fork or your hands.

Divide the pork into 4 equal parts and shape them into round patties about ¾ inches thick.

Heat one tablespoon of the olive oil in a nonstick skillet on medium high heat and when the oil just begins to smoke, add the patties.

Turn the heat down to medium and cook on each side for 4-5 minutes or until done and well browned.

Remove the patties from the skillet and place on paper towels to drain. Cover with foil to keep them warm.

Add one tablespoon of the olive oil to the skillet and cook the onion slices, stirring occasionally, until they are lightly browned, about 5 minutes.

Remove the onions from the pan and place them in a serving bowl. Cover with foil to keep them warm.

Add the remaining tablespoon of the olive oil to the skillet and cook the green and red bell pepper slices, stirring occasionally, until they are soft and lightly browned, about 5 minutes.

Remove the peppers from the pan and place them in the serving bowl with the onions.

Place one sausage patty in each of the four rolls and place on a large serving platter. Pass the onion/pepper mixture around the table.

Serves 4.

Victoria Wesseler