

Breakfast Sausage

Ingredients

1 lb Ground Pork
2 T Maple Syrup
1 t Ground Fennel
1 t Smoked Paprika
1 t Kosher Salt
1 t Ground Sage
1 t Dried Thyme
1/2 t Onion Powder
1/4 t Nutmeg

Instructions

1. Combine the pork, maple syrup, fennel, smoked paprika, salt, sage, thyme, onion powder and nutmeg in a large bowl and mix well with your hands to make a smooth mixture. Form into 6 very thin patties.

2. Heat a large, nonstick pan over medium heat. Add as many patties as will fit. Cook until browned on the bottom, 1 to 2 minutes, then flip and cook, 1 to 2 minutes until browned on the other side, crispy and cooked through. Serve immediately.