**Braised Italian Sausage**

**Sausage:**

1½ # pork for grinding

1 Tbsp. salt

2 tsp. pepper

4 cloves garlic

1 tsp. red pepper flakes

2 Tbsp. fennel seeds

10 ft. sausage casing

Ice

**Sauce:**

2 Tbsp. olive oil

3 cloves garlic

1 onion, medium diced

½ cup red wine

2 cups tomato sauce

1 tsp. oregano

1 tsp. basil

Salt and pepper to taste

**INSTRUCTIONS**

**Sausage:**

1. Assemble the meat grinder with the medium die.
2. Cut the pork into strips small enough to fit in the grinder.
3. Toss the pork with the spices. Run through the meat grinder twice.
4. Put the sausage mix in the freezer.
5. Wash the meat grinder parts and put the case and the worm in the freezer. Leave the blade and die somewhere you can find them.
6. After about 10 minutes, put some ice in a metal bowl and put another bowl on top of that.
7. Reassemble the meat grinder with the sausage needle attachment.
8. Have chef demo how to use the sausage stuffer.
9. Preheat oven to 400°.
10. After the sausage is made, in a large sauté pan over medium high heat, brown the sausage in olive oil and set aside.
11. Add the onions and garlic and cook until translucent; about 5 minutes. Add the red wine and cook down by half.
12. Stir in tomato sauce and spices, and season with salt and pepper.
13. Add the sausage back in and finish in the oven.