

# Sausage Patties



Recipe by: [moongardens.org](http://moongardens.org)

## Ingredients

- 1 pound ground pork
- ¼ cup water
- 2 cloves garlic, minced
- ¾ teaspoon thyme
- ¾ teaspoon fennel seeds
- ½ teaspoon salt
- Cooking oil



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## Directions

- In a bowl, combine pork, garlic, thyme, fennel seeds, and salt; mix.
- Cover, refrigerate up to 24 hours. (Try for at least an hour, the longer, the more flavor.)
- Shape mixture into patties.
- Lightly coat skillet with cooking oil.
- Place skillet over moderate heat until it is hot.
- Add patties to skillet.
- Cook about 7 minutes on each side or until browned.

## Get Creative

**For a Portuguese flavored sausage substitute the thyme and fennel seeds with the ingredients below.**

- 1 to 2 chili peppers, chopped
- 1/4 teaspoon cayenne
- ¼ to a 1/3 teaspoon paprika
- ¼ teaspoon black pepper
- ¼ teaspoon cinnamon
- 1/4 teaspoon coriander
- 1/2 Tablespoon vinegar

For any comments or suggested ingredients for upcoming recipes, please email us at [moongardens.org@gmail.com](mailto:moongardens.org@gmail.com)