

Apple maple breakfast

Ingredients	Produc code	Quantity	Unit	Cost	
Pork Butt	101	4.536	Kilograms	\$ 10.15	
Kosher Salt	201	67.94	Grams	\$ 0.35	
Black Pepper	401	5.6	Grams	\$ 0.05	
Fresh Onion	502	150	Grams	\$ 0.66	
Apple	503	454	Grams	\$ 0.99	
Sage	407	3	Grams	\$ 0.21	
Mustard powder	408	4	Grams	\$ 0.15	
Red pepper flakes	409	3.2	Grams	\$ 0.04	
Maple syrup	303	8	Ounces	\$ 12.19	
Apple juice	504	8	Ounces	\$ 0.31	
22 mm fresh collagen casings	905	2	Each	\$ 7.00	
Total cost		\$ 32.10			
Total weight		11.52			
Cost per lb		\$2.79			
Price per lb		\$5.99			
Total profit		\$36.88			

Price per pound and total profit are hypothetical

Instructions

- Cut meat and fat into strips or cubes to fit into your grinder.
- Place the meat in your freezer to firm up for about an hour or till it reaches 32F-34F
- While your meat is chilling get together all of your ingredients, rehydrate and rinse your casings
- Cut apples, and onions and grind on a fine plate
- Grind your chilled meat on a course plate then mix in the spices, maple syrup, apples, and onions and regrind on a fine plate (make sure your meat is chilled through this entire process)
- Mix your meat mixture well till the mince gets very sticky
- stuff mince meat into sheep or collagen casings, link sausage, and prick to remove any air pockets
- Cook over a medium heat till the internal temperature reaches 155

Comments

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