

## **PIONEER DAY – BREAKFAST SAUSAGE BALLS**

*The little pieces of meat that had been cut off the large pieces, Ma chopped and chopped until it was all chopped fine. She seasoned it with salt and pepper and with dried sage leaves from the garden. With her hands she molded it into balls.*

### **TOOLS**

Measuring spoons

Medium-sized bowl

Peeler

Grater

Garlic press

10-12" frying pan

### **INGREDIENTS**

1 pound ground pork

oregano, sage, nutmeg, cinnamon (2 pinches each)

1 teaspoon salt

15 grinds of black pepper

1 apple

1 garlic clove

### **DIRECTIONS** *(Makes 16 balls)*

1. Place the pork in the bowl. Sprinkle the spices, salt, and pepper on top. Ask a grown-up to help you peel the apple and grate it, using the largest holes on the grater. Next, ask a grown-up to help you peel the garlic clove and put it through the garlic press. Add the apple and garlic to the mixture.
2. Mix thoroughly with your hands. *(Do not taste until the meat is well cooked.)* Divide the mixture into 4 parts, and roll each part into 4 balls. You should have 16 balls.
3. Put the sausage balls into the unheated frying pan.
4. Ask a grown-up to help you cook the balls over medium heat. Shake the pan occasionally so that they brown evenly. Cook for about 10 minutes, until centers are no longer pink and balls are cooked all the way through.