

## Breakfast Sausage

<http://userealbutter.com/2011/01/13/breakfast-sausage-recipe/>  
*adapted from [this recipe](#)*

1 lb. ground pork  
1 tsp salt  
1 tsp ground black pepper  
1 tsp fresh sage, finely chopped  
1 tsp fresh thyme, finely chopped  
1/4 tsp fresh rosemary, finely chopped  
1/2 tbsp light brown sugar  
1/4 tsp nutmeg, freshly grated  
1/4 tsp cayenne pepper  
1/4 tsp red pepper flakes

Mix all ingredients in a bowl until well-blended. Form patties to desired size (mine were 2-inches in diameter). Place a skillet on medium-low heat and set the patties in the pan. Cook until the bottoms are browned, then flip and continue to cook until the sausage is done (about 10-15 minutes). Makes 8.