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EPISODE 8 - MERGUEZ

Ingredients for 8 Sausages:

- 500 g minced lamb
- 150 g minced beef (fatty)
- 2 cloves garlic finely chopped or crushed
- 2 shallots finely chopped
- ½ red capsicum finely chopped
- 1 tbsp Harissa paste
- 2 tsp tomato paste
- 1 tsp cumin
- 1 tsp coriander powder
- 1 tsp sweet paprika
- ½ tsp cinnamon
- ¼ tsp cayenne pepper
- 1 tsp salt
- 1 pinch baking soda
- 2 tbsp olive oil
- 1 egg
- ½ cup breadcrumbs

Ingredients for the crunchy coating:

- ½ cup chopped raw cashews
- ½ cup breadcrumbs
- ½ cup rolled oats

Method:

Combine all of the sausage ingredients in a large bowl and mix thoroughly
Squishing the mixture through your fingers is the best way

Form the mixture into sausage like portions
Roll each sausage in the crunchy coating mixture

Fry over medium-high heat on all sides till golden brown