

## Quick Chicken Sausage

*After a whole year of [Charcutepalooza](#), I couldn't make Mom's beans without using homemade sausage. I'm still using my grinder all the time – though the stuffer is more of a special occasion appliance for me. That said, stuffed in casings this sausage makes a lovely breakfast treat. You only need a ¼ pound for the beans, so freeze the rest.*

*If you don't have a grinder, you can make this sausage in your food processor, but use the pulse setting, and be very careful not to over process the meat.*

2 pounds dark meat chicken, boned, skinned (but leave a little skin on) and chopped

1 tablespoon cold duck (or pork) fat

2 tablespoons salt

2 tablespoons red pepper flakes

4 garlic cloves, minced

¼ cup red wine vinegar, chilled

Mix the chicken with the fat, salt, pepper and garlic. Cover and refrigerate for at least two hours, or overnight. At the same time, freeze your meat grinder or grinding attachments, and refrigerate the red wine vinegar.

Grind the mixture through the large die, into a bowl set over ice. Stir in the vinegar by hand, until the liquid is just incorporated. Fry a test teaspoonful and adjust the seasoning.