





## **Cooking Claro's Sausage**

We make our fresh sausage in our USDA meat plant. Claro's sausage is pure pork with no additives or fillers. The big difference between our sausage and others is that ours is very lean. This should be considered when preparing it your favorite way.

## **BAR-B-Q:**

Cook over medium heat, turning often, using tongs, not pinchers as you don't want to pierce the sausage. Cook to an internal temperature of 150 degrees. Regular links should take about 20-25 minutes to cook. I usually like to grill fresh red and green bell peppers and onion chunks to go with the sausage. Toss pepper chunks and onions in a metal pan with a little olive oil and place on top of grill and cook until the doneness you would like. Small sausage; cheese and parsley or breakfast, can be made into pinwheels in skewers (shown above), and grilled nicely.

## **BAKED IN OVEN:**

Bake in a preheated 350 degree oven for about an hour, turning with a wooden spoon occasionally. You may want to add coarsley chopped bell peppers and onions to bake along with the sausage. I start them off covered with foil, and about half way through, I uncover them so they brown.

## **FRIED ON THE STOVE:**

Place raw sausages in frypan with a little olive oil oven medium high heat. Brown evenly on all sides, turning often with tongs. If I am adding onions and peppers, I add them when the sausages are about half cooked. Stir in a splash of wine to add a little moisture so that they cook evenly.

There are many more ways to use Claro's fresh sausage. Add to sauces, frittata, stuffed zucchini, stuffed peppers, rice balls, and of course pizza!