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Breakfast Sausage

Start your morning off right with this easy and flavorful homemade breakfast sausage! Made with a perfect blend of savory spices and fresh ground pork, these sausages are juicy, tender and bursting with classic breakfast flavors. Whether you enjoy them alongside pancakes tucked into a breakfast sandwich, or on their own, these sausages are a delicious upgrade from anything you'll find at the store. Plus, making them from scratch means you can control the ingredients for the perfect taste and texture every time!

💡 This recipe is easy to make and packed with flavor. While you can use store-bought ground pork, the final product may turn out a bit dry. For the best results, you need a ratio of 70% lean meat to 30% fat when making any type of sausage.

I highly recommend asking your butcher to grind a small pork butt for you — it naturally provides the perfect balance of fat and meat without needing to add extra fat. Alternatively, if you're using pre-packaged ground pork, ask your butcher for about 5 ounces of ground pork fat per pound of meat to mix in.

The added fat content is crucial for achieving juicy, flavorful sausage. If you have your butcher grind a whole pork butt, you can freeze any leftover meat for later use. It's perfect for making meatballs, meatloaf, or pork dumplings!

Makes 8 patties

Ingredients:

- 1 pound ground pork (please read the section above)
- 1 teaspoon Kosher or sea salt
- 1/2 teaspoon black pepper
- 1 teaspoon dried sage
- 1/2 teaspoon dried thyme
- 1 teaspoon ground paprika
- 1/2 teaspoon crushed red pepper flakes (optional, for a little heat)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 tablespoon brown sugar (optional, for a touch of sweetness)

Instructions:

1. In a large bowl, combine all the ingredients. Mix well until the seasonings are evenly distributed through the pork.
2. Form the mixture into small patties, about 2–3 inches wide.
3. Heat a skillet over medium heat. Add the sausage patties and cook for about 3–4 minutes per side, or until golden brown and cooked through (internal temperature should reach 160°F/71°C).
4. Serve hot with your favorite breakfast dishes!

Tips:

- You can make the sausage mix a day ahead and refrigerate overnight for even better flavor.
- These patties freeze really well — just cook and cool them, then freeze in a single layer.