

## Sausages with ginger, star anise and soy sauce

<http://cooking.nytimes.com/recipes/1012451-sausages-with-ginger-star-anise-and-soy-sauce>

New York Times, March 25, 2009, D2 Section

Time: 15 minutes

Serves: about 1 pound of sausages for 2-3 people

- 1-teaspoon fennel seeds
- 1 star anise, broken into pieces
- 1 pound ground dark-meat chicken or pork (HdeH use Lamb)
- 2 tablespoons soy sauce
- 1 ½ tablespoons grated fresh ginger
- 1 tablespoon minced garlic
- 2 teaspoons light brown sugar
- Olive oil for cooking

1. In a small skillet over medium-low heat, toast fennel seeds until fragrant, 1 to 2 minutes. Transfer fennel and star anise to a spice grinder and grind well.
2. In a large bowl, combine all ingredients. Form sausage mixture into desired shape: cylinder or patties. Chill for up to 5 days, freeze for up to 3 months, or use immediately.
3. Brush sausages with oil and grill or broil them until browned and cooked through. Or fry them in a little oil until well browned all over.