

Homemade Moroccan Merguez Sausage Recipe

Ingredients

2 teaspoons cumin seeds
2 teaspoons fennel seeds
2 teaspoons coriander seeds
2 tablespoons paprika
3 teaspoons ground cayenne pepper
1 teaspoon ground cinnamon
1 teaspoon ground sumac (optional)
3 pounds ground lamb
1/2 cup extra virgin olive oil
1 cup fresh cilantro, finely minced
1/2 cup fresh mint leaves, finely minced
6 large garlic cloves, finely minced
4 teaspoons kosher salt



Directions

In a heavy bottom skillet or cast iron pan, combine the cumin, fennel, and coriander seeds and toast over medium heat for 2 minutes or until fragrant. Let cool slightly, then grind in a spice grinder until fine and powdery. (Note: You can also use ground spices instead of whole, but the flavor will be better with the whole spices)

Combine the ground toasted spices with the paprika, cayenne, cinnamon, and sumac. In a large bowl, combine the spices with the ground lamb, oil, cilantro, mint, garlic, and salt and mix until well combined (I use my mixer to make sure everything is evenly combined.)

If desired, fry a small amount of the meat in a skillet and taste it to check the flavor. Adjust the seasonings as desired.

To shape, roll the seasoned lamb mixture into small tubes, about 4 inches long by 1 inch wide. You can also make patties, if desired. The sausage can be cooked right away, or you can wrap and freeze indefinitely. To cook, grill the sausage or cook on a skillet until cooked through.