

Featured Recipe Related to *Becoming Lady Washington*

Breakfast Sausage

In *Becoming Lady Washington*, I mention several different dishes that the Washingtons enjoyed at their table. A recipe I adapted from a colonial era one is for homemade sausage like Martha would have eaten, most likely with George's favorite hoe cakes. Adapting the Oxford Kate's Sausage recipe was a challenge! The following is what I ended up making for breakfast for myself and my husband. Enjoy!

Ingredients

- 1 lb. lean ground beef
- 1 lb. lean ground pork
- 1 stick unsalted butter, frozen and shredded
- 2 teaspoons ground black pepper
- 1 Tablespoon salt
- ½ teaspoon ground cloves
- 1 Tablespoon garlic powder
- 1 Tablespoon ground sage
- 4 eggs, slightly beaten



Instructions

Blend seasonings together in a ramekin or small bowl.

Crumble meats together into a large bowl.

Sprinkle seasonings over meat.

Add eggs and shredded butter.

With your hands, mix together until all ingredients are well blended. Roll sausage out into logs the size of the length and bigness of a finger. Spray a deep frying pan with nonstick spray and heat to medium. Add butter to cook the sausage in, be sure the butter is “boiling” before you add the sausage. Cook until brown.

Yield: 26 sausages