



*How to turn ground venison into breakfast sausage* is all about combining this lean, gamey meat with the right blend of spices and seasonings to create a satisfying and flavorful dish. In this guide, you'll learn everything from selecting ingredients and mixing seasonings to forming sausage links and cooking tips. Whether you're craving a classic breakfast sausage taste, a hint of maple sweetness, or even a Jimmy Dean-inspired twist, this step-by-step guide will show you how to make perfect venison [breakfast](#) sausage at home.

## Benefits of Using Ground Venison for Breakfast Sausage

Ground venison is a fantastic choice for making breakfast sausage. Not only is it leaner than traditional pork sausage, but it also boasts a rich flavor that's perfect for morning meals. One of the key benefits of using venison is its nutritional profile. It's low in fat and high in protein, making it a healthier alternative for those watching their waistlines.

Additionally, venison is usually free of antibiotics and hormones, which is a significant plus for health-conscious individuals. Many hunters appreciate using every part of the deer, and crafting breakfast sausage helps ensure nothing goes to waste.

Finally, making venison sausage allows you to control the ingredients, avoiding additives and preservatives found in store-bought sausages. This means you can enjoy a cleaner, more natural breakfast.

## Ingredients Needed to Make Venison Breakfast Sausage

To create delicious venison breakfast sausage, you'll need a blend of spices and seasonings that complement the rich flavor of venison. Here's a list of key ingredients:

1. **Ground Venison** - About 2 pounds. Make sure it's well-chilled for easier mixing.
2. **Pork Fat** - Approximately 1/2 pound. This adds moisture and flavor as venison is very lean.
3. **Salt** - 2 teaspoons. Essential for seasoning and enhancing flavors.
4. **Black Pepper** - 1 teaspoon. Provides a subtle heat and depth.
5. **Sage** - 1 teaspoon. Imparts a classic breakfast sausage flavor.
6. **Thyme** - 1/2 teaspoon. Adds an herbal note that pairs well with venison.
7. **Crushed Red Pepper Flakes** - 1/4 teaspoon. Optional, for a hint of spiciness.



8. **Paprika** – 1 teaspoon. Contributes a mild sweetness and color.
9. **Brown Sugar** – 1 tablespoon. Offers a touch of sweetness to balance flavors.
10. **Garlic Powder** – 1 teaspoon. Infuses the sausage with a robust garlic aroma.

This combination of ingredients ensures a balanced flavor that highlights the natural taste of the venison while introducing the familiar flavors of a well-loved breakfast sausage. Adjust the spices to suit your personal taste preferences, keeping in mind that the balance of fat and seasonings will contribute significantly to the final product's texture and flavor.

## How to Turn Ground Venison into Breakfast Sausage at Home

### Step 1: Prepare Your Ingredients

- **Ground Venison and Pork Fat:** Ensure you have the right ratio of 80% ground venison to 20% pork fat for the perfect texture and flavor.
- **Seasoning Mix:** Combine the following spices in a bowl:
  - 1 tablespoon of salt
  - 1 teaspoon of black pepper
  - 1/2 teaspoon of cayenne (adjust for heat preference)
  - 1 tablespoon of dried sage
  - 1 teaspoon of thyme
  - 1/2 teaspoon of nutmeg
  - 1 teaspoon of garlic powder
- **Optional Sweet Variation:** Have 2 tablespoons of maple syrup ready if you want a hint of sweetness.

### Step 2: Mix the Ingredients

- In a large bowl, add the ground venison and pork fat.
- Gradually sprinkle the seasoning mix over the meat.
- Use your hands to thoroughly combine the ingredients, ensuring the seasoning is evenly distributed.

### Step 3: Cooking the Sausage

- **Form Patties:** Shape the mixture into small patties, approximately 3 inches in diameter.



- **Preheat Pan:** Heat a non-stick skillet over medium heat.
- **Cook Patties:** Place the patties in the skillet and cook for 3-4 minutes on each side, or until browned and cooked through.

## Step 4: Storing and Serving

- **Serve Immediately:** Enjoy the freshly cooked sausage with your favorite breakfast sides.
- **Storage:** If making a large batch, freeze uncooked patties between layers of wax paper in an airtight container for up to 3 months.

By following these steps, you can create delicious venison breakfast sausage right in your own kitchen.

# Homemade Venison Sausage Seasoning Mix Recipe

## Basic Seasoning Mix

- **Salt:** 1 tablespoon
- **Black Pepper:** 1 teaspoon, freshly ground
- **Cayenne Pepper:** 1/4 teaspoon, adjust to taste for desired heat
- **Sage:** 2 teaspoons, ground
- **Thyme:** 1 teaspoon, dried
- **Nutmeg:** 1/2 teaspoon, ground
- **Garlic Powder:** 1 teaspoon

## Sweet Variation

- **Maple Syrup:** 2 tablespoons, adds a subtle sweetness
- **Brown Sugar:** 2 teaspoons, for a richer flavor

## Herbal Twist

- **Rosemary:** 1 teaspoon, dried and crushed
- **Basil:** 1 teaspoon, dried

## Spicy Option

- **Red Pepper Flakes:** 1/2 teaspoon, for extra kick



- **Paprika:** 1 teaspoon, smoked or sweet depending on preference

## Instructions

1. **Mix Ingredients:** In a large bowl, combine all chosen spices thoroughly.
2. **Taste Test:** Cook a small patty of seasoned venison to test flavors, adjust as needed.
3. **Store:** Store any extra mix in an airtight container for future use.

## Crafting a Jimmy Dean-Style Venison Breakfast Sausage

Recreating the iconic taste of Jimmy Dean sausage with venison is a delightful challenge for any home cook. To achieve that classic flavor profile, start with the right blend of meat. Ensure you have your 80% ground venison to 20% pork fat ratio for optimal juiciness and texture. The secret to emulating Jimmy Dean's memorable taste lies in the seasoning. In addition to the basic seasoning mix of salt, pepper, and sage, you'll want to include a bit of brown sugar for sweetness, fennel seeds for a mild anise taste, and a dash of red pepper flakes for a mild kick.

Combine these spices thoroughly with the ground meat mixture. To test your seasoning balance, cook a small patty before forming the entire batch. Adjust the spices as needed until you hit that familiar, savory taste. This personalized mixture will not only satisfy breakfast cravings but also offer a unique, home-cooked twist on a breakfast favorite.

## Choosing the Best Venison Breakfast Sausage Seasoning

Selecting the right seasoning for your venison breakfast sausage is a crucial step in achieving the perfect flavor balance. Here's how to choose the best seasoning in a few simple steps:

1. **Understand Your Flavor Preferences:** Consider whether you prefer a classic sausage flavor, something spicy, or even a bit sweet. This will guide the type and quantity of spices you choose.
2. **Start with a Classic Base:** A good starting point for most breakfast sausages includes salt, black pepper, and sage. These flavors work well with the natural richness of venison.



3. **Experiment with Additional Spices:** Adjusting the seasoning blend to include spices like garlic powder, thyme, or nutmeg can add depth and complexity. For those who enjoy a bit of heat, try incorporating cayenne pepper or crushed red pepper.
4. **Consider Sweetening It Up:** If you lean towards a sweeter sausage, adding a small amount of maple syrup or brown sugar can enhance the flavor profile.
5. **Balance and Adjust:** Once you've chosen your spices, it's important to taste and adjust as needed. Prepare a small test batch, cook it, and refine your seasoning before committing to the entire mixture.
6. **Trust Your Senses:** Your taste and sense of smell are great guides. Smell the spice blend before adding it to ensure it meets your expectations.
7. **Document Your Recipe:** Make a note of the proportions and combinations that work best for you, allowing you to recreate or adjust in the future.

These steps will help you perfect a seasoning blend that suits your palate and enhances the natural taste of venison, resulting in a satisfying breakfast sausage.

## Making Maple Venison Breakfast Sausage for Extra Flavor

Enhancing your venison breakfast sausage with maple syrup adds a sweet and savory note that complements the rich, robust taste of the meat. Here's how to infuse your sausage with this delightful flavor:

### Ingredients:

- Ground venison (80%)
- Pork fat (20%)
- Salt
- Black pepper
- Dried sage
- Thyme
- Cayenne pepper
- Garlic powder
- Nutmeg
- Pure maple syrup



## Preparation Steps:

### 1. **Mix the Meat and Fat:**

- Combine your ground venison and pork fat to ensure a consistent blend.

### 2. **Season the Meat:**

- Add salt, black pepper, dried sage, thyme, cayenne pepper, garlic powder, and nutmeg to the meat mixture.
- Distribute the seasoning evenly by thoroughly mixing with your hands or a stand mixer.

### 3. **Incorporate Maple Syrup:**

- Pour in pure maple syrup until it achieves your desired level of sweetness.
- Mix well to ensure the syrup is evenly distributed throughout the sausage.

### 4. **Shape and Cook:**

- Form the mixture into patties or links, depending on your preference.
- Cook over medium heat until browned and cooked through.

This maple-infused variant of venison sausage brings an extra layer of flavor that makes breakfast a little more special. Enjoy these sausages with pancakes, waffles, or eggs for a complete and satisfying meal.

## How to Shape and Prepare Venison Breakfast Sausage Links

Creating links from your venison breakfast sausage batch is a fun and straightforward process. Follow these steps to achieve perfectly shaped sausage links:

1. **Prepare Your Workspace:** Begin by clearing and cleaning your workspace. You will need a clean surface, a bowl of cold water, and a bit of oil to prevent sticking.
2. **Chill the Sausage Mixture:** Ensure your sausage mixture is well-chilled. Cold meat is firmer and easier to shape.
3. **Divide the Mixture:** Portion out the meat mixture into equally sized balls. This ensures your links are uniform in size and will cook evenly.
4. **Roll into Links:** Using your hands, gently roll each sausage portion on the surface



into a cylinder, creating the link shape. Aim for a uniform thickness.

5. **Twist to Secure:** If you're using sausage casings, feed the sausage mixture into the casings, forming desired lengths. Twist the casing between links to secure. If no casings are used, simply shape the links by hand.
6. **Refrigerate to Set:** Once all links are formed, refrigerate them for about an hour. This helps them set and hold their shape during cooking.
7. **Cook to Perfection:** Cook the links on medium heat in a pan or on a grill. Ensure they are thoroughly cooked, reaching an internal temperature of at least 160°F.
8. **Serving Suggestion:** Serve hot, alongside your favorite breakfast staples. Enjoy the delightful flavors of your homemade venison breakfast sausage links.

By following these steps, you can enjoy beautifully prepared venison sausage links that are perfect for any breakfast table.

## Grinding and Mixing Tips for the Perfect Ground Venison Sausage

1. **Keep Everything Cold:** When preparing ground venison sausage, it's crucial to maintain a cold working environment. This includes chilling your venison and pork fat before beginning the grinding process. Cold temperatures ensure the fat stays solid and mixes evenly, preventing a greasy texture.
2. **Choose the Right Grinder:** Invest in a quality meat grinder or attachment for your stand mixer. A medium or coarse grind setting is often ideal for breakfast sausage, as it provides a satisfying texture without being too fine.
3. **Mix Gradually:** Once ground, transfer the venison and pork fat to a large bowl. Incorporate your seasoning mix slowly, rather than all at once, to ensure even distribution throughout the meat.
4. **Test Your Mix:** Before shaping or cooking the entire batch, fry a small patty to taste the seasoning. This allows you to adjust spices or salt levels according to your preference before finishing the rest of the sausage.
5. **Don't Overwork the Meat:** Mix until the ingredients are just combined. Over-mixing can lead to a dense sausage. For a tender result, mix with gentle motions.
6. **Use the Right Ratio:** Maintain the recommended 80% venison to 20% pork fat ratio for a juicy and flavorful sausage. Adjusting this ratio can affect both taste and texture.

Following these tips will help ensure your homemade venison breakfast sausage is deliciously seasoned and perfectly textured, making it a delightful addition to any morning meal.



## **Adding Pork Fat to Ground Venison for Moist Breakfast Sausage**

Incorporating pork fat into ground venison is essential for creating a moist and flavorful breakfast sausage. Venison is naturally lean, and without the addition of fat, the resulting sausage can be dry and crumbly. To achieve the ideal texture, use a ratio of approximately 80% venison to 20% pork fat. Start by chilling both the venison and the pork fat thoroughly, as this helps in achieving a clean grind.

When grinding, alternate between pieces of venison and pork fat to ensure an even distribution. The key is in creating a consistent mixture where the fat binds the lean meat, resulting in a succulent and enjoyable sausage that complements the robust flavors of the spices.

## **How to Achieve Ideal Texture in Venison Breakfast Sausage**

Achieving the ideal texture in venison breakfast sausage involves paying close attention to the grinding, mixing, and fat incorporation processes. Start with meat that is well-chilled, as colder temperatures prevent fat smearing and help achieve a clean grind. Utilize a coarse grind for the first pass, then decide if a second, finer grind is necessary based on your texture preference. When mixing the venison with seasonings and pork fat, handle the mixture gently to avoid overworking it, which can lead to a tough texture.

Keeping the sausage mixture well-chilled throughout the process is crucial, as the right temperature helps maintain the integrity of the fat distribution, ensuring the sausage retains its juiciness. Adjusting moisture levels by adding ice-cold water or broth during mixing can also contribute to achieving a tender bite.

## **Best Cooking Methods for Venison Sausage Links**

### **Grilling**

- Preheat the grill to medium heat.
- Place sausage links directly on the grill grates.
- Cook for 10-15 minutes, turning occasionally, until thoroughly cooked.





## Pan-Frying

- Heat a non-stick skillet over medium heat.
- Add a small amount of oil to prevent sticking.
- Cook the sausage links for about 8-10 minutes, turning frequently for even browning.

## Baking

- Preheat the oven to 400°F (200°C).
- Place sausage links on a baking sheet lined with parchment paper.
- Bake for 20-25 minutes, turning halfway through, until golden brown.

## Boiling

- Bring a pot of water to a gentle simmer.
- Add sausage links, ensuring they are fully submerged.
- Simmer for 15-20 minutes until cooked through.

## Slow Cooking

- Place sausages in a slow cooker with a splash of broth or water.
- Cook on low heat for 4-6 hours.
- Ensure sausages are tender and fully cooked before serving.

## Storing and Freezing Venison Breakfast Sausage Properly

Ensuring your venison breakfast sausage is stored correctly is crucial for maintaining its flavor and quality. Follow these steps to store and freeze your sausage properly:

1. **Cooling:** After cooking or shaping your sausage, allow it to cool to room temperature. This prevents condensation and maintains its texture.
2. **Packaging:** Wrap the sausage tightly in plastic wrap or aluminum foil to minimize exposure to air. Alternatively, place them in an airtight container or freezer-safe bags to further prevent freezer burn.
3. **Labeling:** Clearly label each package with the date and contents. This helps you track how long the sausage has been stored and ensures you're using the oldest items first.
4. **Freezing:** If you plan to store them for longer periods, place the wrapped sausage in the freezer. Venison sausage can be frozen for up to six months with minimal loss of



quality. For best results, use a vacuum sealer to remove as much air as possible.

5. **Thawing:** To thaw, move the sausage from the freezer to the refrigerator overnight. This gradual thawing process helps maintain moisture and keeps the texture intact when cooking later. Avoid thawing at room temperature to prevent bacterial growth.

Following these steps will help preserve the delicious homemade flavor of your venison breakfast sausage, whether you're enjoying it within days or months after preparation.

## Exploring Different Venison Sausage Recipes for Every Meal

### Breakfast Delights

- **Venison Sausage and Egg Muffins:** Combine venison sausage with whisked eggs, cheese, and your choice of vegetables. Bake in muffin tins for a nutritious breakfast on the go.
- **Maple Venison Sausage Pancakes:** Add crumbled maple venison sausage to pancake batter for a sweet and savory twist on traditional pancakes.

### Lunch Inspirations

- **Venison Sausage Quiche:** Mix venison sausage with eggs, spinach, and cheese for a hearty quiche that's ideal for lunch.
- **Venison Sausage Stir Fry:** Slice venison sausage links and sauté with bell peppers, onions, and soy sauce for a quick and flavorful meal.

### Dinner Ideas

- **Venison Sausage Pasta:** Toss cooked venison sausage with your favorite pasta, marinara sauce, and a sprinkle of Parmesan for a comforting dinner dish.
- **Venison Sausage Stew:** Cook venison sausage with potatoes, carrots, celery, and broth for a warm and filling stew perfect for cool evenings.

### Snack and Appetizer Options

- **Venison Sausage Bites:** Pan-fry small pieces of venison sausage and serve with toothpicks and dipping sauces for a simple appetizer.
- **Venison Sausage Flatbread:** Top flatbread with crumbled venison sausage, mozzarella, and arugula for a delicious snack or light meal.



## Avoiding Common Mistakes When Making Venison Breakfast Sausage

When crafting venison breakfast sausage, certain pitfalls can be easily avoided with some foresight and attention to detail.

1. **Ensuring Proper Fat Ratio:** One common mistake is using too little pork fat. Ensure you maintain the recommended 80/20 ratio of venison to pork fat for optimal juiciness and flavor.
2. **Grinding the Meat Incorrectly:** Avoid smearing the meat by ensuring both the venison and pork fat are cold during grinding. Use a sharp grinder for a consistent texture.
3. **Overmixing the Ingredients:** Mix the sausage blend just enough to combine the spices without making the meat tough. Overmixing can result in a dense final product.
4. **Inadequate Seasoning Balance:** Under-seasoning or overpowering the natural flavor of venison can lead to unsatisfactory results. Taste test a small sample before shaping all the sausages to ensure the seasoning is just right.
5. **Poor Storage and Freezing Techniques:** Improper storage can affect the quality of your sausage. Ensure they are properly sealed in airtight packaging and labeled with the date for best shelf life, whether refrigerated or frozen.

By paying attention to these steps, you'll enhance the quality and flavor of your venison breakfast sausage, resulting in a consistently delicious product.

## Conclusion

Turning ground venison into breakfast sausage is a rewarding culinary adventure. With the right ingredients, seasoning, and techniques, you can create a delicious and healthy alternative to traditional sausage. This guide has provided you with all the necessary steps to ensure your venison breakfast sausage is flavorful and satisfying. Now, it's up to you to take these tips and create your own mouth-watering masterpiece. For those eager to explore more, consider experimenting with different spices and cooking methods to find your perfect flavor combination. Enjoy your culinary creations and the satisfaction of mastering the art of venison breakfast sausage!



## FAQs

### **Q: Can I use other types of fat instead of pork fat in venison sausage?**

A: Yes, you can use other types of fat such as beef fat or suet if you prefer. However, pork fat is recommended because of its flavor and lower melting point, which keeps the sausage moist.

### **Q: What spices can I use in venison breakfast sausage?**

A: Popular spices include sage, thyme, rosemary, and fennel. You can also add a hint of crushed red pepper for a spicy kick or experiment with garlic and onion powder for added depth of flavor.

### **Q: How long can I store venison breakfast sausage in the freezer?**

A: Venison breakfast sausage can be stored in the freezer for up to three months. Ensure the sausages are wrapped well and placed in a freezer-safe bag to maintain quality.

### **Q: Why is my venison sausage dry?**

A: If the sausage is dry, it might be due to a lack of fat. Make sure to mix enough pork fat with the venison, typically an 80/20 ratio, and avoid overcooking the sausage, which can dry it out.

### **Q: How can I ensure my sausage links hold their shape when cooking?**

A: Chilling the sausage links in the refrigerator before cooking helps them firm up and hold their shape better during the cooking process. Using casings can also help maintain form.