

Savoury Pork Breakfast Patties



Ingredients

1 lb / 0.5 kg lean ground pork
3 slices bacon, finely chopped
1 clove garlic, minced
1 tsp / 5 mL ground black pepper
1 Tbsp / 15 mL orange zest
1 tsp / 5 mL lemon zest
2 tsp / 10 mL EACH paprika and coriander seeds
1 tsp / 5 mL fennel seeds
½ tsp / 2 mL EACH salt and granulated sugar
¼-½ tsp / 1-2 mL red pepper flakes
¼ tsp / 1 mL EACH ground oregano and ground thyme
¼ cup / 50 mL cold water
Canola oil for frying

Directions

1. In large bowl, gently combine all ingredients except water.
2. Add water. Mix with hands to combine; do not overmix. Mixture will become sticky. Cover and refrigerate 2 hours to let flavours develop.
3. Using a 2-inch food scoop, form mixture into balls. With palm of hand, press balls into ½-inch thick patties.
4. In large skillet, heat a small amount of oil over medium-high heat. Working in batches, fry patties until cooked through, about 10 minutes, turning once or twice. Add oil as required.
5. Remove patties to plate lined with paper towels to remove excess oil.

Additional Info

- **Cut:** Bacon, Ground pork
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 10

- **Number of Servings:** 10-12 patties