



courtesy of Who Are Those Guys? BBQ Competition Cooking Team

<http://www.watgbbq.com/>

## Sausage Fattie

We have a recipe for Crab Fatties from a friend already on the site. This is a slightly different variation; again as with the ABT's the combos and possibilities are endless once you get the basic technique down. Flatten the sausage, insert filling, roll, seal and cook, bam, you got your self a Fattie. Easy peasie.

### Ingredients:

- 1- roll of sausage (any size any flavor)
- 1- bunch of stuff (you decide)
- BBQ rub
- BBQ sauce

### Instructions:

I thought long and hard, (that's what she said), about how to present this recipe. Initially, I was thinking the traditional route, giving exact amounts and ingredients. As you can see from the list above, I have deviated from my original thoughts a bit. I decided to talk about the methods, and just comment on the amounts and ingredients. Again, you are bound only by your imagination and level of creativity. I only ask; if you hit upon a real winner, please remember where you got the original thought and drop a guy a note, you know, share the wealth.

To make a fattie with relative ease you'll only need a mixing bowl, a rolling pin, a roll of plastic wrap and some type of cooker, grill or oven.

Preheat your cooking chamber to 225-240. If you are using a grill with a lid, make an indirect fire. If that is not possible, allow your coals to come to temperature, then start to diminish a bit before you begin the cooking process.

### Prepare the filling

The filling for a fattie is a personal choice, many times dictated by what you have on hand or what is in season. Try different combs and see what you like. We have a Crabmeat Fattie recipe on the site, it is very good. What follows are some other combinations that I like, the amounts needed depend upon how many and what size you are making, just use your common sense, you'll be fine.

Pulled pork and cheddar cheese

Salsa and cheese

Swiss cheese and ham

Diced home fries(at least partially cooked) onions, scrambled eggs, diced bacon

Cream cheese and bacon

Cream cheese, chopped brisket, horseradish

Crabmeat, shrimp, cheese

Chopped black olives, cream cheese, salsa

Chunked ham and pineapple sprinkled with Dizzy Pig Pineapplehead BBQ Rub

Green peppers and onions

Chunky tomato sauce with graded cheese

### Prepare the fattie

For the sausage, use any kind you like, spicy or plain, again, it is your call.

Tear off a piece of plastic wrap about 15 inches long and lay onto your work surface. Open your sausage and place onto the plastic, cover with another 15" piece of wrap.

If you are using a large package of sausage, you may want to break the roll down into 3 sections before rolling.

Roll the desired amount of sausage out between the two pieces of plastic wrap until forming the desired size, about ½ inch thick. For starters, I like a rolled out section of approximately 16"x 10".

On the 10" side, place a generous portion of your filling onto the flattened sausage leaving about 1.5 inches on each side bare. Using the wrap still remaining on the bottom, roll the 10" length up keeping the filling in the middle, like rolling a cigar. When at the end, you should have a roll approximately 10 inches long. Fold the sides together in an attempt to seal the filling inside. Place on a portable surface, like a cookie sheet, then sprinkle with your favorite BBQ rub.

### Cooking the fattie

Place fattie on or in your grill or smoker, with indirect heat at 225-240 for 1.5 – 2 hours until the internal temperature reaches 150 degrees. When temperature is reached, paint with BBQ sauce, (if desired), allow to remain in the heat long enough for the sauce to set. Again, the painting is optional or can be expanded. If I am making a breakfast type fattie, I sometimes paint with a mixture of thinned out Catsup with a little hot sauce added, I find that goes well with the eggs and potatoes.

If you are using a grill, let the coals begin to diminish, then place the fattie to be cooked on a small piece of aluminum foil and place over direct heat. Cover the fattie with a tent of foil or a ½ aluminum pan to create an oven type cooking chamber until you reach the desired internal temperature.

### Serving the fattie

When the fattie is finished cooking, allow to rest for 10 minutes then slice with a sharp knife into desired portions and enjoy.

For another interested variation, try wrapping the entire fattie in bacon slices. Secure where needed with toothpicks, (make sure you remove them all before serving). Your meat loving guests will love it and it looks really cool on the serving plate