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[www.AwareHouseChef.com](http://www.AwareHouseChef.com)

## CONTACT

Hellenic Restaurant:  
631 477-0138  
[www.TheHellenic.com](http://www.TheHellenic.com)

# Porgy (Scup) Sausage

[30mm Pork or Vegetable Casing](#)

2800g Porgy Filet

475g Organic Sweet Spanish Onions

250g Organic Red Bell Peppers

[62g Organic Garlic Cloves](#)

62g Organic chopped Parsley

1.5 Organic Large Lemons (juice of)

4 ½ tbsp. [Celtic Sea Salt](#)

¾ tsp. Fresh Cracked [Organic Black Pepper](#)

3 tbsp. [Organic Granulated Garlic](#)

1.5 Cup [Organic Almond Flour](#)

7 Large Organic Eggs

preparation instruction, watch the video on YouTube:

[Porgy Sausage Video](#)

[Youtube.com/AwareHouseChef](https://Youtube.com/AwareHouseChef)

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