



bangers and mash

recipe created by



ingredients

(serves 2 / double ingredients for a family of 4)

- 4 pork sausages (we use lashford's of birmingham breakfast sausage)
- 3 peeled potatoes, chopped
- 1 red onion, sliced
- 3 garlic cloves
- 1 bunch of chives, chopped
- 2 rosemary sprigs
- 1 teaspoon sugar
- 4 tablespoons of beef stock (or other stock)
- olive oil
- butter
- 2 teaspoons of worcestershire sauce
- 3 tablespoons of balsamic vinegar
- 1 tablespoon wholegrain mustard
- salt and pepper

method

- 1 - preheat oven to 160 degrees celsius/325 fahrenheit. bring pot to a boil with enough water to cover potatoes
- 2 - add potatoes to pot once boiling and cook
- 3 - heat pan to medium-high heat and cover pan with olive oil and add sausage. then add 4 knobs of butter to pan. once butter is melted, baste sausages. add one more knob of butter and add to oven to cook
- 4 - take another pan and turn to medium-high heat and add olive oil to cover pan. once warm, add onions. once onions have cooked for about a minute, add sugar then season with salt. then add 4 knobs of butter. smash garlic and add to pan. then add rosemary sprigs after butter melts and add balsamic (4 tablespoons or enough to cover onions) as well as worcestershire. reduce mixture. once reduced add stock and bring to a boil and reduce mixture
- 5 - once the potatoes are cooked, drain them and then add them to pot over medium heat then mash. taking the potatoes on and off the heat as you do. once nicely mashed add a knob of butter and a splash of milk to the mixture and mix in. then lower the heat and add salt, mix thoroughly and plate
- 6 - as the onion mixture is reduced, add one knob of butter and melt and mix. place sausages on top of potatoes and add onion mixture and add mustard and chives to taste
- 7 - tuck in and enjoy!