

WAYS WITH SAUSAGES

Sausage and bean stew

Chop an onion and soften in oil over a medium heat. Add garlic and rosemary if you have them. Chop the sausages into 4 and add. Chop carrots and add, and mushrooms, if using. Add a tin of beans and $\frac{3}{4}$ pint water and a stock cube. Add salt and pepper. Bring to the boil, cover and simmer for about 40 minutes.

Sausage salad

Boil new potatoes (or short pasta, if liked). Cut the sausage into coins and fry until brown. Chop spring onions, celery, tomatoes and put into a bowl. Add the potatoes or pasta and sausages. Stir in salad dressing or mayonnaise.

Pasta with sausage

Cook the pasta. Chop an onion and soften in oil. Cut sausages into coins and add to the oil. Add a tin of chopped tomatoes and cook until the sauce thickens. Drain the pasta and return to the pan. Add the sausage sauce and stir in. Add salt and pepper to taste. Sprinkle with parsley and grated cheese, if you have them.

Sausage kebabs

Cut a fat courgette into quarters lengthways and then into chunks. Cut peppers into fat strips. Cut chipolatas into 4 pieces. Push the courgette and pepper pieces, cherry tomatoes and chipolatas onto kebab sticks in any order. Brush with oil and put in a baking dish. Bake at 200°C gas 6 for 20 minutes or until the vegetables are soft and the sausages cooked. (Other veg you could use: onion wedges, mushrooms, cauliflower, broccoli, small sweetcorn).

Sausage risotto

Slice the sausages, fry until brown, remove from the pan and keep warm. Chop an onion and fry in the same oil. Add garlic. Stir in 5 oz risotto rice and stir until crackling. Pour in 1 pint chicken stock. Simmer gently until the stock is absorbed. Serve the rice and top with the sausage pieces. Add interest with chopped cherry tomatoes, spices, salt and pepper.

Sausage traybake

Preheat the oven to 220°C gas 7. Cut large potatoes into cubes and boil for 6 minutes then drain well. Put them in a baking dish and pour on oil. Chop an onion and add this and the sausages to the dish. Add pepper, chilli and thyme if you have them. Roast for 30 minutes, turning the sausages once. Scatter over some cherry tomatoes and grated cheese, if liked, and cook for another 10 minutes.

Toad in the Hole

(For 8 sausages). Make a batter: Crack an egg into 100g flour + pinch salt, gradually stir in $\frac{1}{2}$ pint milk. Bake the sausages at 220°C gas 7 for 15 minutes until brown. Pour over the batter. Cook for 25-30 minutes until risen and golden.