



UK Sausage Week Recipe

The Ultimate Sausage, Beans & Chips

Ingredients

- 4 Pork Sausages
- 200g Haricot Beans 2 tablespoon Salt 2 tablespoon Olive Oil, 1 pack (150g) Diced Streaky Bacon and 1 Chopped Onion
- 1 Crushed Clove of Garlic, 1 Can Chopped Tomatoes, 1 ½ tablespoon Molasses or Dark Brown Sugar, and 2 tablespoons Apple Cider Vinegar
- 4-6 large Potatoes, Olive Oil, 2 tsp Sea Salt and 1 tsp Dried Rosemary

Method:

The Sausage

1. Choose your favourite type of sausage, the meatier the better, and allow at least 2 per person. If frozen, parboil for 5 minutes then pat dry and pan-fry to get a nice caramelised skin. When cooked, take out the sausages and set aside somewhere warm.
2. Slice an onion across the way, separate the rings and toss them in flour. Making sure there is plenty of fat in the pan, fry the onion rings till crispy, turning to cook both sides.

The Chips

1. Preheat your oven to 180°C with a baking tray or two in it.
2. Select 4-6 large potatoes, the floury the better! Peel them and cut your chips however thick and long you like them. Rinse and dry with kitchen paper.
3. In a bowl, toss your chips with olive oil, 2 tsp sea salt and 1 tsp dried rosemary. Spread the chips on the baking tray(s) in one sparing layer and bake for around 45 minutes, turning once or twice, until golden and burnished on the outside and fluffy on the inside.



The Beans

1. Soak 200g dried haricot beans in water with 2 tablespoons salt for 8 hours, or overnight. (Cannellini, pinto or butter beans will also work but you will need to adjust the cooking time accordingly.) Drain and rinse them, place in a saucepan and cover with cold water.
2. Bring to the boil then simmer for 50 minutes to an hour, or until just tender. Set aside to sit in the hot water for 20 minutes before draining.
3. Heat a heavy bottomed saucepan, add 2 tablespoons olive oil, 1 pack (150g) Diced Streaky Bacon and 1 chopped onion. Fry until the onion is softened, then add 1 crushed clove of garlic, 1 can chopped tomatoes, 1 ½ tablespoon molasses or dark brown sugar, and 2 tablespoons apple cider vinegar. Stir in the beans, and cook uncovered at the lowest heat for 2 hours, or until the beans are nestled in an almost syrupy sauce without going mushy.
4. Be sure to stir regularly to stop the beans sticking.

Recipe provided by
Donald Russell.

