



UK Sausage Week Recipe



Pork and Apple Sausages with Parsnip and Potato Mash

Ingredients

- 454g (1lb) pork and apple sausages
- 900g (2lb) potatoes
- 225g (8oz) parsnips
- 300ml (1/2pt) light beer
- 10g (2tsp) sugar
- 15g (1tbsp) gravy granules
- 1 knob of butter
- Dash of milk

Method:

1. Peel 900g (2lb) potatoes, peeled and cut into chunks.
2. Peel 225g (8oz) parsnips, peeled and cut into chunks.
3. Place into a pan, cover with water and boil for 10-15 minutes until soft.
4. Meanwhile, in a large pan, dry-fry 454g (1lb) pork and apple sausages for 12-15 minutes until cooked through.
5. Add 300ml (1/2pt) light beer to the pan and allow to simmer for 2-3 minutes.
6. Add 10g (2tsp) sugar and 15g (1tbsp) gravy granules and allow to thicken.
7. Drain the potatoes and parsnips and mash with a knob of butter and a dash of milk.
8. Serve the sausages with the potato and parsnip mash, beer gravy and roasted parsnip and carrot sticks.

Recipe provided
by The Q Guild of
Butchers.

