

Puddledub Sausage Casserole *and Kerrs Pink Mash*



From childhood through to pension book one of Scotland's favourite foods has to be the sausage. One of the oldest and most widespread forms of food preservation, the recorded history of sausage making begins in the ninth century B.C. when Homer mentions it in the Odyssey. A high brow beginning for our humble banger!

Traditionally made from beef or pork there are now over 400 sausage varieties in the UK alone. Most meat producers now offer sausages and far from being the off cuts and discarded offal of previous years these have a high, prime meat content, low salt and are stuffed full of quality ingredients.

The wonderful meat producing area we live in makes for some of the tastiest and juiciest sausages Scotland has to offer. I don't know anyone who doesn't like them in one variety or another; thick, Highland Beef sausages between two bits of bread and a dollop of brown sauce; Lamb and Mint Sausages lightly grilled and served with rice and a spicy Moroccan sauce; Wild Boar and Cider, chopped through pasta with a tomato and basil sauce. From Pigs in blankets to Toad in the Hole the glorious sausage brings us the weird and wonderful of the culinary world. And are not perfect, eaten cold from the fridge the following day?

We've gone for Bangers and Mash using Puddledub Pork Sausages and Kerrs Pinks Tatties. The name banger is thought to date back to World War 2 when meat was scarce and butchers used water to bulk up the sausage – the result was, of course, a pan full of banging!

Puddledub Sausage Casserole

and Kerrs Pink Mash

Ingredients:

1 oz (25g) butter;
1 lb (454g) Puddledub Pork Sausages – use any variety you like!
2 medium onions, peeled, cut into wedges;
2 tbsp plain flour;
3/4 pint (300ml) ham stock;
3 large local carrots, chopped and par cooked;
small cup peas
1 tbsp Dijon mustard;

Mash Potato

2 lbs (1 kg) potatoes;
50mls milk
knob of butter
salt and pepper

Method:

Melt the butter in a heavy roasting tin over a medium heat. Pierce the sausages and add to the tin. Cook to colour them lightly before taking them out of the tin.

Add the onion wedges and cook slowly, turning occasionally until golden and softening.

Set the oven to 180 degrees C/ 350 degrees F or Gas Mark 4.

Turn up the heat in the pan and sprinkle in flour. Cook for a couple of minutes whilst stirring to brown, then add the ham stock and bring to the boil to thicken the gravy. Add the sausages and par cooked carrots and bake, uncovered for 30-40 minutes. Add the peas 5 minutes before the end of cooking time. Stir in the mustard & seasoning just before serving.

Place the potatoes in a pan of boiling salted water and cook until tender. Drain once soft and mash with salt and pepper. Warm the milk and add to the potatoes along with the butter. Beat until smooth.

Serve the sausage casserole on a bed of mash.

For a dinner party alternative try venison sausages and use red wine instead of stock and Cannellini beans at the start of cooking instead of peas at the end. Delicious with crusty bread!