

The Marnhull Stores

Recipe Collection

No 6

Red lane champ - bangers and mash

Sweet and sour sausages with Dorset champ. Straight down the little red lane.

Serves: 2-3 **Preparation time:** 45 Mins

Ingredients:

350g Sausages
.....
1 large Onion
.....
1-3 cloves Garlic*
.....
2 tsp Marmalade
.....
1 tsp Honey
.....
1 tsp Mustard
.....
1-2 tbs Tomato sauce
.....
some Potatoes
.....
some Leeks
.....
some Carrots
.....
some Chopped chives
.....
Optional*

- 1 Slice the onion, separate the rings and place in a small roasting tin
Tip: Use a tin that the sausages almost fill to avoid burning the onions
- 2 *Finely slice the garlic and put on top of the onions.
- 3 Separate the sausages and arrange on top of the onions. Place in a pre-heated oven at about 200 C
Tip: If the sausages are lean you may need to add some oil to stop the onions drying out and burning.
- 4 While the sausages start cooking, peel the potatoes and carrots and chop and clean the leeks. Place in a large pan of water and bring slowly to the boil, simmer until the carrots are just beginning to get soft.
Tip: Wait until you can see the sausages are starting to cook before you bring the potatoes to the boil otherwise the vegetables will cook too soon.
- 5 After about 20 minutes and if the sausages are browning, turn the sausages and cook for a further 10 minutes.
- 6 Spoon the tomato sauce, honey, mustard and marmalade over the sausages and return to the oven for about 10 minutes. Check frequently to avoid burning the sauce.
- 7 Finally mash the veg to make your Dorset champ, season to taste, sprinkle with chopped chives and serve with the sausages for a delicious alternative to boring old bangers and mash.
Tip: Add butter and milk or crème fraîche for a nice creamy mash. Do not mash too finely.



Chef's notes

* You can also add peppers and/or chillies to your onion layer for a bit of variation.

* Other vegetables can be added to the "champ", such as cabbage, celery or any of your favourites. Make vegetables irresistible!