



Sausages with Mustard Mashed Potatoes and Red Onion Gravy

Ingredients:

1 tsp (15ml) olive oil

1 red onion, thinly sliced

2tsp (10ml) brown sugar

2 lb (1kg) potatoes, peeled and cut into chunks

8 Sausages

1 tbsp (15ml) all-purpose flour

1 ¼ cups (300ml) hot beef stock

6 ¾ tbsp (100 ml) red wine

1 tbsp (15 ml) Worcestershire sauce

6 ¾ tbsp (100 ml) milk, warmed

3 ½ tbsp (50ml) butter

3 tsp (15ml) whole-grain mustard

Method

1.Heat oil in frying pan.

Add onion and sprinkle

With sugar, the cook gently

Stirring from time to time,

Until onion is highly caramelized.

Preheat broiler.

2 Boil potatoes in lightly

salted water until tender; grill

sausages, turning regularly, until evenly

browned.

3.Sprinkle flour over

caramelized onion, stir and cook

for 1 minute, then stir in stock, wine

and Worcestershire sauce. Boil, then

reduce heat and leave to simmer.

4.Drain potatoes and return to pot. Mash with

warm milk, butter and mustard to taste. Spoon

mound of mashed potato on to each plate, lay

sausages on top and spoon over gravy