



THE ELECTRIC RANGE

Sausages with Red Onion Jam and Chutney Mash

Ingredients:

- 2 Finest Quality Adeys Farm Sausages
- ½ Sliced Red Onion
- Sprinkling of Caraway Seeds
- Tblspn Caster Sugar
- 1 Mashed Baking Potato or New Potatoes
- Nutmeg
- "Kitchen Garden" Red Pepper and Chilli Chutney
- 5 Fresh Peas removed from the pod
- Chopped Cherry Tomato
- Chopped Coriander
- Olive Oil
- Balsamic Vinegar
- 1 x Punnet Mustard Cress

Method:

- Pan fry or Grill the Sausage with a drizzle of Olive Oil until golden and cooked (the juices will run clear)
- In the same pan add the sliced Red Onion and Caraway seeds- when slightly golden add the sugar
- Fry till caramelised but NOT burnt
- When mashing the potato ensure you dry out all the water first. If you are doing crushed potatoes just slice the parboiled new into a pan with some olive oil and "Kitchen Garden" Chutney
- Perhaps add a knob of butter, nutmeg and a teaspoon of mustard if its Mash you are making
- The dressing is equally as easy- mix the sweet fresh garden peas with the tomatoes and coriander a touch of spice of your choosing and then top with olive oil
- Add Balsamic Vinegar to a taste that suits you and mix well
- Place the mash in the centre of the plate
- Place the Sausage and Red Onion Jam on top and drizzle around the outside with the dressing. Garnish with some sauté spinach and Mustard cress