

Bangers & Mash



Serves: 4

Profitability:

Steps:

Place the potatoes in a pan and add enough water to cover

Bring to the boil, and cook until tender. Then drain, leaving the potatoes in the pan

Meanwhile, stir the stock cubes into the warm milk until dissolved. Stir the milk mixture and butter into the potatoes. Mash the potatoes until smooth and creamy

Heat the cooking oil in a frying pan over medium-high heat. Prick the sausages in a few places with a fork, and place them into the pan

Cook, turning often, until golden brown and juices run clear. Remove from the pan and drain on kitchen roll

Using the same frying pan, add the onion rings. Cook and stir over medium heat until the onions are golden, but still crisp. Add the gravy and heat through

To serve, scoop the potatoes onto a large serving plate. Arrange the sausages over the potatoes, top with the onions and gravy, and sprinkle with oregano

Ingredients:

1kg potatoes, peeled and quartered

2 chicken stock cubes

250ml warm milk

50g melted butter

1 tablespoon cooking oil

8 pork sausages

1 large onion, sliced and separated into rings

500ml beef gravy

2 teaspoons dried oregano

Author: Brian Turner