

LIFE'S KITCHEN

A LOVE OF FOOD &
A SENSE OF OCCASION

RECIPE OF THE MONTH - JANUARY 2018

SAUSAGE STEW WITH COLCANNON & RED ONION GRAVY

Serves 4

INGREDIENTS

Stew:

50g butter
8 x good-quality sausages, pricked several times with a fork
1 x Red Onion, peeled, thinly sliced
2 x garlic cloves, peeled, finely chopped
1 tbsp chopped fresh sage
1 x small pumpkin, peeled, seeds removed, cut into equal-sized pieces
1 tbsp white wine vinegar
1 tsp caster sugar
200g/7oz can chopped tomatoes
400g/14oz canned cannellini beans, drained, rinsed
500ml/18fl oz chicken stock

Colcannon:

1lb 6oz/675g potatoes, peeled and quartered
4oz/100g curly kale, chopped (or spring cabbage if kale not available)
1/2 cup scallions/spring onions, roughly chopped
1/4 cup scallions/spring onions, finely chopped
1 stick/100g butter
Salt and pepper
2 tbsp chopped fresh flat-leaf parsley, to serve



METHOD

Stew:

Preheat the oven to 180°C. Heat half the butter in a large casserole over a medium heat and fry the sausages for 4-5 minutes, or until golden-brown all over. Add the remaining butter, onion and fry for three minutes, or until softened. Add the garlic and sage leaves and cook for a further three minutes, stirring well. Add the pumpkin and stir the mixture until well combined. Increase the heat to high and add the white wine vinegar. Continue to cook until most of the liquid has evaporated. Add the sugar, tomatoes, cannellini beans and stock, season to taste, with salt and freshly ground black pepper. Bring the mixture to the boil, and then transfer the casserole to the oven for one hour, or until the sausages are cooked through and the pumpkin is tender.

Colcannon

Simmer the potatoes in lightly salted water until cooked - when pierced with a sharp knife the potato is soft in the middle. Blanch the curly kale in boiling water for one minute. Drain and reserve. Chop half of the spring onions roughly and the other half finely. Add the roughly chopped spring onions to the drained kale, Drain the potatoes and add the butter. When the butter has melted, mash the potatoes until smooth and creamy. Add the kale mixture and mix. Season to taste.

To serve:

Ladle the casserole into large bowls and sprinkle with the chopped flat-leaf parsley
Enjoy!