

# Bangers and Mash



Scan Code To Watch  
Video!



Recipe by: Laura Vitale

Serves 4

**Prep Time: 20 minutes**

**Cook Time: 35 minutes**

## Ingredients

### For the mash:

- \_\_ 2lb of Yukon Gold Potatoes, peeled and cut into large chunks
- \_\_ 1 cup of Heavy Cream
- \_\_ 4 Tbsp of Salted Butter
- \_\_ Salt and Pepper to taste
- \_\_

### For the remaining ingredients:

- \_\_ 4 Large Sausages (or 8 smaller ones)
- \_\_ 1 Yellow Onion, very thinly sliced
- \_\_ 3 Cloves of Garlic, minced
- \_\_ 2 Tbsp of Flour
- \_\_ 2 Tbsp of Butter
- \_\_ Drizzle of Olive Oil
- \_\_ 1/2 cup of Dry Red Wine
- \_\_ 1 cup of Beef Stock
- \_\_ Few Dashes of Worcestershire Sauce
- \_\_ Salt and Pepper to taste
- \_\_ Chopped Parsley

1) Add the potatoes to a large pot, cover with water, add a generous pinch of salt, bring to a boil and cook until tender, meanwhile, cook the rest.

2) In a medium size skillet (I love using my cast iron for this) cook the sausages in a little olive oil, over medium heat, partially covered (for the size I used, they took about 5 minutes on each side but you can cook them for 15 minutes on a baking sheet in a 450 degree oven instead) once cooked, remove to a plate.

3) Discard the fat if your sausages rendered too much, leaving behind just a tad, then add the butter and onions, season them with a tiny pinch of salt and cook for about 10 minutes or until browned and softened.

4) Add the garlic, cook for 30 seconds, then stir in the flour, cook for another 30 seconds, add the wine and reduce by half. Add the stock and a few dashes of Worcestershire sauce, simmer on low until thickened (by this point, the potatoes should be done). Add the cream and butter to a small saucepan and slowly melt and heat together.

5) Drain the potatoes reserving about 1/2 cup of the cooking water, place them back in their pot, add the reserved water and start mashing, then while mashing pour in the cream and butter mixture (add it slowly so you can add as much as you prefer to get the consistency you're looking for) season with salt and pepper to taste.

6) Plate in a shallow bowl by adding a dollop of the potatoes followed by sausage and spooning some of the gravy all over and a sprinkle of parsley.

