

NODDY HOLDER'S
LEGENDARY
BRITISH BANGERS



The Greatest Hits Remixed

6

Number one recipes to enjoy



Legendary sausage recipes brought up-to-date



My oh my...who'd have thought it?

When the Love Pork people told me they wanted a 'British Legend' to help them spread the word about British sausages, well, I'm nobody's fool – I just said "When can I start?"

Don't know whether I'm a legend or not (flattered though I am to even be thought of as one) but heaven knows British sausages sure are – they're legendary the world over. In fact, we love 'em so much that every day you'll find a whopping 5,000,000 of us Brits eating them.

Whether it's Cumberland, Lincolnshire or any of the other 400 or more varieties

our amazing butchers make, we just can't get enough of 'em. Breakfast, lunch or tea – it's still the same and any time's sausage time for me!

We all have a favourite sausage meal, so here's just a few of the classics, brought right bang(er) up-to-date.

Remember, as you tuck into sausages this British Sausage Week (31st October – 6th November), I'll be there touring the country to find the true Legendary British Bangers.

So cum on, feel the noize, let the good times roll and be sure to check out www.britishsausageweek.com to see how I get on.



WHAT THE RED TRACTOR* SCHEME STANDS FOR

The Red Tractor Pork logo guarantees high standards at every step, from the farm to the shelf.

ASSURANCE

Rigorous standards are observed throughout the supply chain

WELFARE

At all stages the quality of pig husbandry and animal welfare is high

TRACEABILITY

All Red Tractor pork and pork products can be traced back to Red Tractor farms

PEACE OF MIND

Red Tractor pig farms are inspected at least four times a year

COUNTRY OF ORIGIN

The flag in the Red Tractor Pork logo guarantees its country of origin

For more information about Red Tractor pork and pork products visit www.lovepork.co.uk/why-red-tractor-pork

*Red Tractor is one of a number of assurance schemes available to inform consumer choice.

My Big, Sharing Banger Breakfast



ingredients

454g (1lb) Chunky pork Cumberland sausages
4 Large mushrooms, stalks removed
4 New potatoes, sliced
2 Large sprigs fresh thyme
2 x 15mlsp (2tbsp) Vegetable oil
Seasoning
8 Cherry tomatoes
4 Eggs
Butter

method

Preheat the oven to Gas Mark 5, 190°C, 375°F.

Place the sausages, mushrooms, potatoes and thyme into a shallow roasting tray or ovenproof pan. Drizzle over the oil and season.

Bake for 20-30 minutes until the sausages are starting to colour. Remove from the oven and add the tomatoes. Crack each egg into the centre of each mushroom. Place in the oven for a further 20 minutes to set the eggs and finish browning the sausages.

Serve with dunking toast wedges.

Serves

4

Cooking time

About 40-50 minutes

Oven temperature

Gas Mark 5, 190°C, 375°F

"That glorious smell of cooking sausages – it always could take me back 'ome."

Serves
Makes 6 plaits

Cooking time
15-20 minutes

Oven temperature
Gas Mark 6, 200°C, 400°F

ingredients

6 Chunky pork and tomato
sausages, skins removed
500g All-butter puff pastry
Onion jam or similar onion
or fruit chutney
1 Egg mixed with a little milk

method

Preheat the oven to Gas Mark 6, 200°C, 400°F.

Cut the pastry in half lengthways. Roll out to about 30cm x10cm.

With the longest length of pastry closest to you, place 3 separate teaspoons full of jam or chutney straight onto the pastry, spacing out evenly, and allowing space for the 'plaits'. Top the jam with a skinless sausage.

Cut between the sausages creating 3 'plaits'. Now cut parallel, diagonal slits either side of the sausage in the pastry about 1cm apart.

Lightly brush with water and then 'plait'/fold the strips alternately over one another. Repeat with the remaining pastry.

Place on a baking sheet lined with baking paper. Bake in a preheated oven for about 15-20 minutes until the pastry is risen and golden.

Serve hot or cold in a picnic or as a snack with heaps of seasonal salad.

Jammy Sausage Plaits



"My, oh my... **do have another one, or two.**"

Beany Banger Bake



ingredients

300g Chorizo style pork chipolata sausages (pinch, twist and cut into two small sausages)

1 x 15mlsp (1tbsp) Vegetable oil

1 Onion, sliced

1 Clove garlic, crushed

½ Red pepper, deseeded and sliced

500ml Passata

1 x 15mlsp (1tbsp) Black treacle

2 x 15mlsp (2tbsp) Soft dark brown sugar

1 x 15mlsp (1tbsp) Balsamic vinegar

1 (approx 400g) Can flageolet beans, rinsed and drained

1 (approx 400g) Can red kidney beans, rinsed and drained

1 (approx 400g) Can butter beans, rinsed and drained

Serves

4

Cooking time

About 30 minutes

Oven temperature

Gas Mark 5, 190°C, 375°F

method

In a large saucepan heat the oil and add the sausages, onion and garlic. Heat gently until the sausages begin to brown and the onions soften slightly.

Add all the remaining ingredients and simmer gently with the lid on for about 30 minutes. Alternatively, transfer to the oven for a slightly longer cooking time.

Serve with hunks of crusty bread.

“Did your mama ever tell ya that there’s over 470 named varieties of sausage in Britain?”

Serves

4

Cooking time

About 30-40 minutes

Oven temperature

Gas Mark 4, 180°C, 350°F

ingredients

454g (1lb) Chunky pork and chilli sausages

4 x 15mlsp (4tbsp) Plum sauce

1 x 5mlsp (1tsp) Chinese 5 spice

Large pinch dried chilli flakes

2 x 15mlsp (2tbsp) Red berry fruit juice or orange juice

2 Ripe plums, cut in half and stones removed

1 Butternut squash or pumpkin, peeled, seeds removed and cubed

Pinch dried ginger

Knob of butter

Seasoning

method

Preheat the oven to Gas Mark 4, 180°C, 350°F.

Mix together in a jug the plum sauce, Chinese 5 spice, dried chillies and fruit juice.

Place the sausages on a lined roasting tray, pour over the sauce and spoon over until well covered.

Place in a preheated oven for 30-40 minutes until the sausages are coated, sticky and cooked through.

Meanwhile place the squash or pumpkin in a large saucepan of boiling water. Simmer for about 10 minutes until tender. Drain well and mash together with the dried ginger, a knob of butter and the seasoning.

Ten minutes before the end of the sausage cooking time add the plum halves.

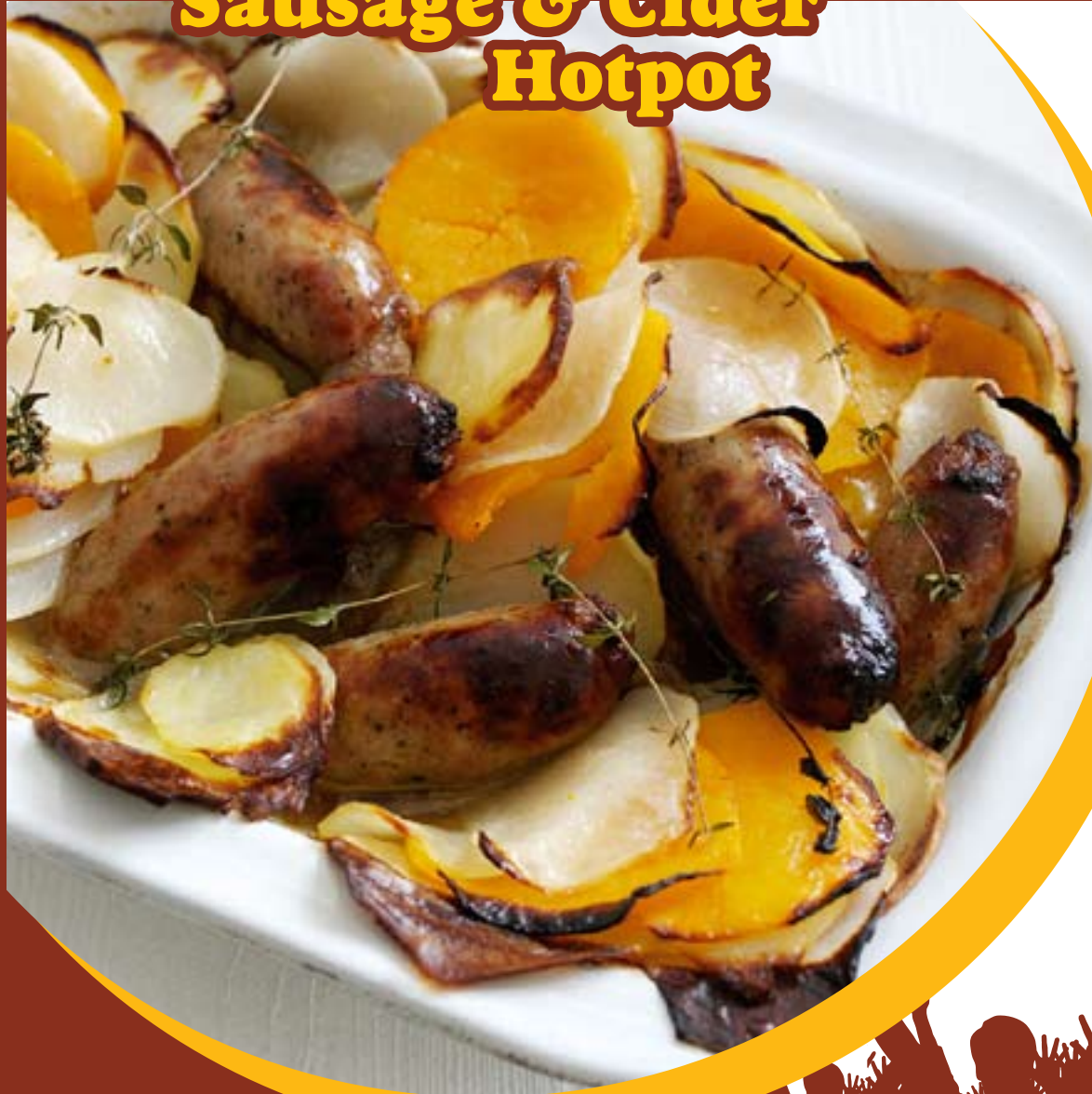
Serve the bangers with a large heap of 'mash', seasonal vegetables and any 'sticky' pan juices.

Sweet 'n Spicy Bangers & Mash



"Look wot you dun... it's my favourite."

Sausage & Cider Hotpot



method

Preheat the oven to Gas Mark 5, 190°C, 375°F.

Place the sliced squash, potato and turnip in a large pan of boiling water. Gently simmer for about 5 minutes until the slices have softened slightly but are still holding their shape. Drain and reserve.

In a large saucepan heat the oil and lightly fry the sausages, onion and thyme sprigs until the sausages have browned and the onion begins to soften.

Add the cider and stock and bring to the boil. Add the gravy granules and thicken to your desired level of thickness. Season.

Place the sausage mixture into a large, deep ovenproof dish. Layer the vegetables on top of the sausages allowing the sausages to 'poke' through.

Dot the top with butter and place in a preheated oven. Cook for about 30 minutes covered in foil. Remove the foil and brown off for a further 25-30 minutes until the sliced vegetables are golden and cooked through.

Serve with steamed seasonal greens.

Serves
4

Cooking time
About 1 hour

Oven temperature
Gas Mark 5, 190°C, 375°F

ingredients

454g (1lb) Lincolnshire pork sausages
½ Butternut squash, peeled and thinly sliced
2 Large potatoes, peeled and thinly sliced
1 Large turnip, peeled and thinly sliced
1 x 15mlsp (1tbsp) Vegetable oil
1 Onion, chopped
2 Large sprigs fresh thyme
150mlsp (¼pt) Cider or apple juice
150mlsp (¼pt) Pork stock
1 x 15mlsp (1tbsp) Gravy granules
Seasoning
Knob of butter

"All this and more – 'coz I love you."

Serves
4-6

Cooking time
About 30 minutes

Oven temperature
Gas Mark 4, 180°C, 350°F

method

Preheat oven to Gas Mark 4, 180°C, 350°F.

Lightly butter each slice of bread and cut in half diagonally.

Stack/place pieces of bread into a large, shallow (lasagne style) ovenproof dish. Place the sausages in-between the bread slices. Scatter with the onion slices and garlic.

In a large jug mix together the eggs, milk, chives and mustards. Pour the egg mixture evenly over the bread slices.

Place in a preheated oven for about 30 minutes until the eggy bottom is fluffy and set and the top crust bread slices are crispy and golden.

Serve with seasonal vegetables or baked beans!

ingredients

454g (1lb) Pork chipolata sausages

6 Thick slices bread, hand-cut

Softened butter for buttering

1 Onion, sliced

2 Cloves garlic, chopped

4 Eggs, lightly beaten

450ml (¾pt) Milk

2 x 15mlsp (2tbsp) Fresh chives, chopped

1 x 5mlsp (1tsp) English mustard

1 x 5mlsp (1tsp) Wholegrain mustard

Toad in the Pudding



"Toad in the hole – just let the good times roll."

1 My Big, Sharing Banger Breakfast
(40-50:00)

2 Jammy Sausage Plaits
(15-20:00)

3 Beany Banger Bake
(30:00)

4 Sweet 'n Spicy Bangers & Mash
(30-40:00)

5 Sausage & Cider Hotpot
(60:00)

6 Toad in the Pudding
(30:00)

Thanks

The British Sausage Week Band would like to thank the legendary Mr Noddy Holder and all you butchers out there for having a great passion and enthusiasm for British sausages.

More thanks

For services over and above the call of duty (but for very different reasons) thanks are also due to our Master Butcher, Mr (young) Keith Fisher (1951) and Mr Phil Brady whose devotion to pink tights will surely be rewarded at some point.

Special thanks

Extra special thanks are due to Mr Chris Lamb for his indulgence, his enthusiasm, his patience and for just 'being there' for all these years.

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Additional audio, video and information is available online at

www.britishsausageweek.com

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BPEX is a division of the Agriculture and Horticulture Development Board

