

*The Craig Revel
Horwood Guide
to getting strictly the best
from your
Sausages*



A Step by Step approach

Click the pages and
watch Craig dance!



We are celebrating the 13th annual British Sausage Week with a scintillating series of events around the country.

Our packed programme of events will ensure that this year is the best ever with plenty of high profile activity to promote quality sausages, such as those that are sourced from an assured supply chain such as the Red Tractor Quality Assured scheme.

The highlight of the week is the competition to find Britain's Star Sausages. The British Sausage Week team will be stopping off at 9 cities around the country between 1st and 7th November.

They will be searching for sausages that celebrate the taste, quality and rich diversity of the great traditional pork sausage and Craig Revel Horwood will be handing out the prestigious awards, generating headlines and increasing awareness of British Sausage Week.

In the meantime we have created these 7 sumptuous, dance inspired recipes that are guaranteed to get your feet tapping and your creative juices flowing in the kitchen.

So take your partners and dance...and cook... and dance...slow, slow, quick, quick slow...

“

The great British Banger has so much to offer and I can't wait to get on the road and judge the best of the bangers out there! I'm really looking forward to seeing what's on offer - I'm a tough judge, so my expectations are high.

”

Craig Revel Horwood



The Craig Revel Horwood Guide to getting strictly the best from your Sausages



A Step by Step approach

**Flick the pages and
watch Craig dance!**



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WHAT THE RED TRACTOR SCHEME STANDS FOR

The Red Tractor Pork logo guarantees high standards at every step, from the farm to the supermarket 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**
Every aspect of the pork meat production process is fully traceable
- **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





Serves 4

Cooking time
About 40 minutes

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

Mambo Sausage and Mash

*Break free with this daring take
on a traditional number*

INGREDIENTS

6 (1lb) Chunky traditional pork sausages
2 Cloves garlic, crushed
1 Orange, rind removed and juice of half
1 Green chilli, seeds removed and finely chopped
Seasoning
1 Small squash or pumpkin, seeds removed and cut into chunky wedges or cut in half

FRIED BLACK BEANS

1 x 15mlsp (1tbsp) Olive oil
1 Onion, finely chopped
1 Clove garlic, sliced
2 Sprigs fresh thyme/or pinch of dried
1 Bay leaf
1 Green chilli, seeds removed and finely chopped
1 (approx 400g) Can black beans, drained and rinsed

METHOD

- STEP 1** Preheat the oven to Gas Mark 4, 180°C, 350°F.
- STEP 2** Place the garlic, orange rind and juice from one half, chilli and seasoning into a bowl. Add the sausages and coat thoroughly.
- STEP 3** Place the squash into a large roasting pan. Add the sausages and spoon over the mixture. Cut the remaining orange half into wedges and place in the pan.
- STEP 4** Cook uncovered, in oven for about 40 minutes, until the sausages are browned and the squash/pumpkin is tender. (If cooking the squash in halves it may take longer to cook.)
- STEP 5** **To make the beans:** Place the oil in a small pan and heat. Add the onion, garlic, herbs and chilli and cook gently until soft. Add the beans and a small splash of water. Gently simmer for 4-5 minutes until heated through and the flavours have combined well.
- STEP 6** Remove the cooked flesh from the squash and mash with black pepper and a knob of butter. Serve the squash with the sausages and drizzle with any pan juices. Alternatively serve the squash either as wedges or in halves.



Sausage Strudel Waltz

*Embrace this romantic dish –
just a few simple steps and it's done*



Serves 4-8
(Makes 8 mini strudels)

Cooking time
About 30 minutes

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

METHOD

- STEP 1** Preheat the oven to Gas Mark 4, 180°C, 350°F.
- STEP 2** Melt the butter in a small frying pan.
- STEP 3** Mix together in a small bowl the breadcrumbs, cooking apple, cinnamon and walnuts. Add half the melted butter and mix together well.
- STEP 4** Take two sheets of filo pastry and place on a board. At the end nearest to you place one sausage and a large spoonful of the mixture onto the edge of the pastry.
- STEP 5** Using the remaining melted butter, brush the edges of the pastry. Roll up – if the pastry splits just brush with a little more butter.
- STEP 6** Take the 'sausage' shape and gently bend into a crescent, twist off the very ends of the pastry and place on a baking sheet. Brush all over with butter. Repeat using the remaining sausage, pastry, etc.
- STEP 7** Place in the oven and cook for about 30 minutes until golden brown.
- STEP 8** Serve either hot or cold, as a snack, starter, for a picnic or tea.

INGREDIENTS

8 Chipolata sausages
50g (2oz) Butter
25g (1oz) Breadcrumbs
1 Cooking apple, peeled, cored and chopped
1 x 2.5mlsp (½tsp) Cinnamon
25g (1oz) Walnuts, roughly chopped
225g (8oz) Filo pastry sheets (about 16 sheets)





Serves 4

Cooking time
About 30 minutes



Sausage Chilli Cha Cha Cha

*Hot and spicy. Bright and lively.
Such a cheeky little number!*

INGREDIENTS

450g (1lb) Pork chipolata sausages
1 x 15mlsp (1tbsp) Oil
1 Onion, chopped
1-2 Red chillies, seeds removed and finely chopped
Seasoning
1 x 5mlsp (1tsp) Cumin
1 Red pepper, seeds removed and cut into chunks
1 Orange pepper, seeds removed and cut into chunks
1 (approx 400g) Can chopped tomatoes
1 (approx 400g) Can red kidney beans, drained and rinsed
125ml (¼pt) Passata – sieved tomato

METHOD

- STEP 1** Heat the oil in a large pan. Add the onion, chillies, seasoning and cumin and cook for 2-3 minutes.
- STEP 2** Add the peppers and sausages and brown lightly on all sides.
- STEP 3** Add the can of tomatoes, red kidney beans and passata and stir well. Bring to the boil, turn down to simmer and cover with a lid.
- STEP 4** Gently simmer for about 30 minutes.
- STEP 5** Serve with rice, guacamole and Mexican snacks.



Charleston American Brunch

*Run wild with this
sweet little starter.
Just don't flap!*



Serves 4-6
(Makes about 10 fritters)

Cooking time
About 20 minutes



INGREDIENTS

450g (1lb) Pork and apple
sausages

CORN FRITTERS

170g (6oz) Plain flour
100g (4oz) Polenta cornmeal
Pinch salt
2 x 5mlsp (2tsp) Baking powder

1 x 2.5mlsp (½tsp)
Bicarbonate of soda
2 Eggs
250ml Buttermilk
25g (1oz) Butter, melted
100g (4oz) Sweetcorn,
frozen or tinned
Oil
Maple syrup

METHOD

- STEP 1** Place the sausages under a preheated grill and cook for 10-12 minutes, turning occasionally until golden brown and cooked through.
- STEP 2** To make the fritters: Place in a large bowl the flour, polenta, salt, baking powder and bicarbonate of soda. Mix together and make a well in the centre. Add the eggs and, using a whisk, gently combine with the dry ingredients. Slowly add the buttermilk and whisk until you have a smooth batter.
- STEP 3** Add the melted butter and sweetcorn.
- STEP 4** Heat a little oil in a pan. Place a large spoonful of the mixture into the hot pan. The mixture will spread slightly and then set and brown. Turn over after 1-2 minutes until golden brown on both sides. Cook the mixture in batches and keep the 'fritters' warm.
- STEP 5** Serve the sausages with fritters and a good slug of maple syrup.





Serves 4-6

Cooking time
About 30 minutes

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

Bhangra Bangers

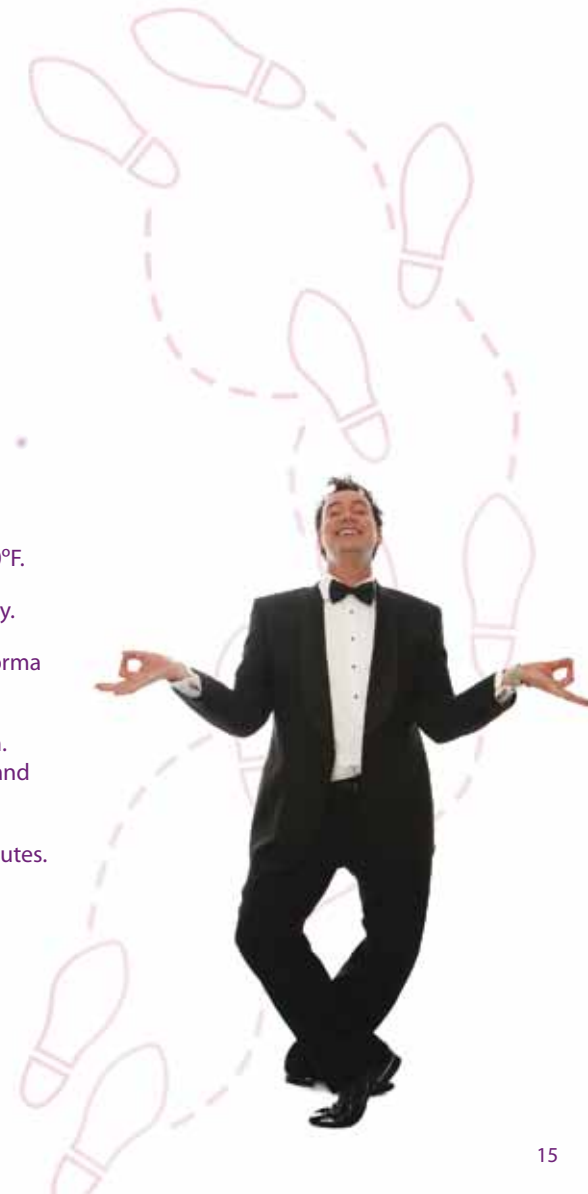
*Become intoxicated by a dish inspired
by this vibrant, energetic dance*

INGREDIENTS

6 (1lb) Chunky pork sausages
1 x 5mlsp (1tsp) Cumin seeds
2 x 5mlsp (2tsp) Korma Indian spice mix
2 x 15mlsp (2tbsp) Mango chutney
6 Chapattis
1 Mango, peeled and sliced
Fresh coriander

METHOD

- STEP 1** Preheat the oven to Gas Mark 4, 180°C, 350°F.
- STEP 2** Place the sausages in a foil lined baking tray.
- STEP 3** Mix together in a bowl the cumin seeds, korma spice and chutney.
- STEP 4** Smear over the sausages and place in oven. Cook for about 30 minutes until browned and the coating is quite sticky.
- STEP 5** Warm the chapattis in the oven for 1-2 minutes.
- STEP 6** Serve the sausages rolled in chapattis with mango slices and fresh coriander.



Rumba Sausage Bake

Be inspired by this sensual dance of seduction



Serves 4

Cooking time

About 40 minutes

Oven temperature

Gas Mark 4, 180°C, 350°F



INGREDIENTS

450g (1lb) Spicy sausages, e.g. pork and chilli sausages
1 Large Spanish style onion, peeled and cut into 4 thick slices
1 Large beefsteak tomato, cut in half
1 Red pepper, seeds removed and cut into quarters
1 Green pepper, seeds removed and cut into quarters
2 Sweet potatoes, peeled and cut into thick slices
1-2 Red chillies, halved, seeds removed and cut into quarters
2 x 5mlsp (2tsp) Dried cumin
Seasoning
1-2 x 15mlsp (1-2tbsp) Olive oil
Fresh coriander, chopped to garnish

METHOD

- STEP 1** Preheat the oven to Gas Mark 4, 180°C, 350°F.
- STEP 2** Place the sausages and vegetables into a large roasting pan. Sprinkle over the chillies and cumin, season and drizzle over the olive oil. Toss around to coat in the spice and oil and then arrange in a single layer.
- STEP 3** Place in the oven for about 40 minutes until the sausages are golden brown and cooked through and the vegetables are tender and starting to brown.
- STEP 4** Serve piled onto a dish with sour cream, fresh coriander and a pinch of cumin.





Serves 4-6
as tapas

Cooking time
About 20 minutes

Flamenco Feast of Sausage Tapas

A passionate mixture. Pick your partner and dance.



For further tapas suggestions go to lovepork.co.uk/our-recipes

INGREDIENTS

8 Pork chipolata sausages
Wooden skewers, soaked in water

PATATAS BRAVAS

1 x 15mlsp (1tbsp) Olive oil
1 Onion, chopped
1 Clove garlic, crushed
2 x 5mlsp (2tsp) Smoked sweet paprika
4 Potatoes, peeled and cut into chunks
Seasoning
1 (approx 400g) Can chopped tomatoes

METHOD

STEP 1 PATATAS BRAVAS

Heat the oil in a large pan. Add the onion and garlic and soften slightly. Add the paprika, potatoes and seasoning and stir well to coat. Add the tomatoes and bring to the boil, turn down the heat and simmer with the lid on until the potatoes are tender – about 20 minutes.

STEP 2

Take the chipolata sausages, pinch and twist in the middle to make into two mini sausages. Cut where you have pinched and then thread onto skewers. Cook under a preheated grill, turning occasionally, for about 10 minutes until golden brown and cooked through.

STEP 3

Serve the sausage skewers with a pot of Patatas Bravas.



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