



# Banger Bolognaise



Nutrient	Per portion
Energy kj/kcal	2706kj • 646kcal
Protein (g)	25.4
Carbohydrates (g)	66.4
Of which sugars (g)	9.3
Fat (g)	32.8
Of which saturates (g)	11.6
Sodium (salt equivalent) (g)	2.5
Vitamin A (retinol equivalents) (µg)	343
Vitamin C (mg)	16
Folate (µg)	56
Calcium (mg)	241
Iron (mg)	2.97

**Serves 10**

**Cooking time about 20 minutes**

## Ingredients

1kg (2.2lb) Lincolnshire herby pork sausages  
or good quality sausage meat  
3x 15ml or 3tbsp (15ml) vegetable oil  
3 medium onions, finely chopped  
3 cloves garlic, crushed  
2 medium carrots, peeled and finely diced (brunoise)  
2x courgettes, finely diced (brunoise)  
140g (5oz) button mushrooms, quartered  
2 (approx 400g) cans chopped tomatoes  
3x 15ml or 3tbsp (15ml) tomato purée  
Spaghetti to serve (allow 70g/2.5oz per portion)  
Parmesan cheese to serve

## Method

- 1 Heat oil in a large pan, add onion and garlic. Lightly cook without browning
- 2 Take the sausages and slit the skins of each, remove the sausagemeat
- 3 Lightly break the sausage into small pieces and add to the pan
- 4 Brown sausagemeat until it changes colour. Add the carrot, courgette and mushrooms, stir well
- 5 Add the tomatoes and purée. Stir well and place lid on pan, cook for 15–20 minutes
- 6 Meanwhile, cook spaghetti as per packet instructions
- 7 Pile spaghetti into pasta dishes, top with sausage bolognaise and serve with parmesan shavings



# Brunch Squeak!



Nutrient	Per portion
Energy kj/kcal	3220kj • 774kcal
Protein (g)	31.6
Carbohydrates (g)	39.3
Of which sugars (g)	7.3
Fat (g)	55.5
Of which saturates (g)	19.8
Sodium (salt equivalent) (g)	4.5
Vitamin A (retinol equivalents) (µg)	155
Vitamin C (mg)	40
Folate (µg)	97
Calcium (mg)	246
Iron (mg)	6.16

**Serves 10**

**Cooking time about 20 minutes**

## Ingredients

30 chunky traditional pork sausages  
1kg (2.2lb) potatoes, peeled and cut into small chunks  
Splash of milk  
Knob of butter  
3x 15ml or 3tbsp (15ml) vegetable oil  
20 chestnut mushrooms, sliced  
275g (10oz) black pudding, cut into chunks  
40 cherry tomatoes, cut in half  
10 eggs

## Method

- 1 Place potatoes in a pan of boiling water and cook until tender. Drain and roughly mash with milk and butter
- 2 Heat oil in a small (1 person) frying pan, add three sausages and two mushrooms per person. Cook until sausages are starting to brown
- 3 Add 28g (1oz) black pudding and cook for 1–2 minutes
- 4 Add one tenth of the mash and lightly mix with the pan mixture. Add four cherry tomatoes per person
- 5 Place under a preheated grill and continue to cook for about 5 minutes until everything is golden brown
- 6 Meanwhile, boil a small pan of water, once boiling turn off the heat, crack an egg into the water and poach for about 5–6 minutes – for soft boil

Serve each 'brunch' topped with a poached egg.



# Hearty Sausage One-Pot



Nutrient	Per portion
Energy kj/kcal	2799kj • 673kcal
Protein (g)	22.4
Carbohydrates (g)	29.8
Of which sugars (g)	10.7
Fat (g)	43.6
Of which saturates (g)	14.7
Sodium (salt equivalent) (g)	4.3
Vitamin A (retinol equivalents) (µg)	0
Vitamin C (mg)	42
Folate (µg)	53
Calcium (mg)	138
Iron (mg)	4.84

## Serves 10

Cooking time about 1½ hours

## Ingredients

30x 56g pork and herb, garlic or onion sausages – Catering 8's  
4x 15ml or 3tbsp (15ml) vegetable oil  
3 medium onions, roughly chopped  
4 cloves garlic, crushed  
600ml (1pt) stock  
1.2 litres (1½pt) red wine  
750g (1lb 8oz) red cabbage, shredded  
8x 15ml or 8tbsp (120ml) cranberry or redcurrant jelly  
2x (approx 400g) cans green lentils, drained  
5 sprigs fresh thyme

## Method

- 1 Preheat oven to Gas Mark 4, 180°C, 350°F
- 2 Heat oil in a large ovenproof pan or casserole. Add the onion, garlic and sausages, lightly brown
- 3 Add all the remaining ingredients and stir well. Bring to the boil. Place lid on the pan and put in the oven for about 1 hour
- 4 Take out of the oven, give a good stir and replace without the lid for about 20 minutes or until the sausages are browned and the juices have reduced slightly

Serve with a large heap of creamy mash or chunks of crusty bread.





# Sausage Pasta



Nutrient	Per portion
Energy kj/kcal	2926kj • 697kcal
Protein (g)	27.5
Carbohydrates (g)	77.2
Of which sugars (g)	9.1
Fat (g)	33.1
Of which saturates (g)	16.3
Sodium (salt equivalent) (g)	1.99
Vitamin A (retinol equivalents) (µg)	231
Vitamin C (mg)	13
Folate (µg)	47
Calcium (mg)	421
Iron (mg)	2.17

**Serves 10**

**Cooking time about 30 minutes**

## Ingredients

20x 28g (20 x1oz) pork chipolata sausages – Catering 16's

750g (1lb 5oz) macaroni pasta

75g (3oz) butter

6x 15ml or 6tbsp (90ml) plain flour

1 litre (2pt) semi-skimmed milk plus a splash

275g (10oz) strong cheddar cheese, grated

275g (10oz) frozen or tinned sweet corn

20 cherry tomatoes

## Method

- 1 Preheat oven to Gas Mark 4, 180°C, 350°F
- 2 Place sausages in an ovenproof pan and cook in

a preheated oven for about 10 minutes. Place macaroni in a large pan of boiling water and cook as per packet instructions

- 3 Melt butter in a saucepan, when bubbling add the flour and stir well to mix in all the flour. Remove from the heat and gradually add the milk a little at a time, beat well between additions to remove any lumps
- 4 Allow the sauce to come back to the boil and thicken slightly. Add half the cheese and the drained macaroni, plus a small extra splash of milk just to loosen the mixture
- 5 Pile macaroni into the bottom of an ovenproof dish. Place the sausages on top, then add the sweetcorn and cherry tomatoes, finishing with the cheese
- 6 Place in a preheated oven for 15-20 minutes until golden brown

Serve as a complete 'all-in-one'!



# Sausage Pasties



Nutrient	Per portion
Energy kj/kcal	2343kj • 561kcal
Protein (g)	10.1
Carbohydrates (g)	52.1
Of which sugars (g)	3.6
Fat (g)	36.2
Of which saturates (g)	11.6
Sodium (salt equivalent) (g)	1.7
Vitamin A (retinol equivalents) (µg)	306
Vitamin C (mg)	58
Folate (µg)	242
Calcium (mg)	127
Iron (mg)	1.75

**Makes 10 pasties**  
**Cooking time 40–45 minutes**

## Ingredients

300g (10oz) chunky traditional pork sausages  
1 small onion, finely chopped  
1 small carrot, peeled and cut into small dice  
100g (4oz) butternut squash, peeled and cut into small dice  
1 small eating apple, cored and cut into small dice  
Seasoning  
2x 500g packets of pre-made shortcrust pastry  
Egg for glazing

## Method

- 1 Preheat oven to Gas Mark 4, 180°C, 350°F
- 2 Make a slit into each sausage and remove the sausagemeat. Place into a large bowl with the

onion, carrot, butternut squash, apple and seasoning. Combine together

- 3 Roll out the pastry and use a bowl to cut into rounds (about 15cm [6"] in diameter). Cut the pastry into 10 rounds (each 500g of pastry should make 5 rounds)
- 4 Brush the edges of the pastry with water. Place a spoonful of the mixture into the centre and lift the pastry each side to contain the mixture
- 5 Press together the edges of the pastry to seal and then pinch the pastry to make a crimp pattern. Repeat, making about 10 pasties
- 6 Place on a non-stick tray and brush the edges (not the crimp as this will burn too quickly!) with beaten egg
- 7 Cook in a preheated oven for about 40–45 minutes until dark golden. Remove from oven and allow to cool slightly before serving

Delicious hot or cold!



# Sausage Roly Poly



Nutrient	Per portion
Energy kj/kcal	3002kj • 719kcal
Protein (g)	17.6
Carbohydrates (g)	59
Of which sugars (g)	4.7
Fat (g)	47.5
Of which saturates (g)	19.8
Sodium (salt equivalent) (g)	2.7
Vitamin A (retinol equivalents) (µg)	10
Vitamin C (mg)	10
Folate (µg)	29
Calcium (mg)	317
Iron (mg)	2.2

**Serves 4–6**

**Cooking time about 45 minutes**

## Ingredients

- 1kg (2.2lb) good quality pork sausage meat
- 4 x 15mlsp or 4tbsp (60ml) vegetable oil
- 4 cloves garlic, crushed
- 2 medium onions, finely chopped
- 2 tomatoes, roughly chopped
- 600g (1lb 4oz) self-raising flour
- 200g (8oz) suet
- 400ml (approx) cold water

## Method

- 1 Preheat oven to Gas Mark 4, 180°C, 350°F
- 2 Heat oil in a pan and lightly fry onion and garlic together. Remove from the heat, add the tomato and allow to cool slightly
- 3 Place flour and suet into a bowl and mix together. Add sufficient cold water to bind the mixture together (approx 200ml). Pull the pastry together

with your hands and then place on a floured board. Roll out to about the size of a baking sheet (about 30x25cm)

- 4 Take the sausages and slit the skins of each, remove the sausage meat
- 5 Spread the sausage meat onto the rolled out pastry, covering all the pastry in a single layer. Scatter with the onion mixture. Taking the longest edge, carefully roll up (like a Swiss roll). Tuck in and seal the pastry at each end and lightly shape into a 'roll'
- 6 Line a baking sheet with baking parchment and place the 'roll' onto it
- 7 Bake in a preheated oven for about 45 minutes until crunchy and golden (cooking juices will collect on the tray, carefully pour this away at the end of cooking). Allow to cool slightly before cutting into thick slices to serve

Delicious served hot with potatoes, seasonal vegetables and gravy or cold with salad and a dollop of kitchen-made chutney.