



Bangers & Mash

From the partnership of B.J. Thompson and Chef Derek Roberts from Fraberts Fresh Food

- 8 plain pork sausage (such as Oktoberfest or Bratwurst)
- 4 C basic mashed potatoes
- 2 whole garlic bulbs
- extra virgin olive oil

Chef Derek's Basic Gravy

- 3 C beef stock
- 1 C caramelized onion
- 1-2 T gravy thickener (optional)

1. Cook the sausages using your preferred method. (Oven baked, pan fried or on the BBQ all work well for this recipe.)
2. Prepare basic mashed potatoes. (See my previous recipe "Cooking Potatoes 101" to make perfect mashed potatoes.)
3. To roast the whole garlic bulbs, preheat the oven to 350°F. Cut the top of the garlic bulb so the individual cloves are exposed. Drizzle extra virgin olive oil onto the exposed garlic cloves. Wrap each entire bulb individually in tin foil. Roast for 45 – 60 minutes.
4. Once the bulbs are roasted, allow them to cool for ½ hour. To remove the garlic, hold the bulb in the palm of your hand and squeeze firmly. Add to the mashed potatoes and mix until combined.
5. To make the gravy, combine the beef stock and caramelized onions in a small saucepan. Heat slowly over medium heat. Stir often. If the gravy needs to be thickened, add one or two tablespoons of a gravy thickener. (You could always use gravy mix instead.)
6. To assemble the dinner, start with a generous helping of the garlic mashed potatoes. Lay one or two sausages on top of the potatoes. Cover with gravy and serve immediately.