

## *Bangers and Mashed*



### **Ingredients:**

- 2 Medium Onions
- 2 TBLS + 1 tsp Vegetable Oil
- 1 TBLS Butter
- 1 Sprig Fresh Thyme or Rosemary
- ¼ Cup All Purpose Flour
- 2 Cups Beef, Chicken or Vegetable Stock
- Salt and pepper to taste
- 6-8 Fresh Market Bangers
- 1 tsp Vegetable Oil
- 2 lbs Potatoes, peeled and cubed
- 2 Bay Leaves
- ¼ Cup Butter
- Half & Half
- 1 to 2 TBLS Dijon Mustard

### **Method:**

1. Julienne the onions and add them to the Crockpot along with the 2 tablespoons oil, butter, thyme/rosemary and a pinch of salt. Keep the onions from touching the edges of the Crockpot so that they do not burn. The onions will take 4½ to 5 hours on low. Stir occasionally if you are around.
2. When the onions are a deep caramel, remove the thyme/rosemary sprig. Turn the Crockpot to high and stir in the flour. Recover and cook for 10 minutes. Add the stock, cover, and cook, stirring occasionally, while you prepare the rest of the meal.
3. Preheat the oven to 400°F.
4. Toss the sausages with 1-teaspoon oil in a baking pan. Cook until golden brown, turning occasionally, about 25-30 minutes. Remove from the oven and tent lightly with foil.
5. Meanwhile, place the potatoes and bay leaves in a medium pot with 1" of cold, salted water. Cover and bring to the boil over medium-high heat. Reduce to medium and boil, covered, until tender, about 20 minutes. Drain

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6. Mash the potatoes until smooth, add the butter, and stir vigorously with a wooden spoon. Add enough cream and Dijon and stir again. Season with salt & pepper and cover to keep warm.

**Assembly:** Season the thickened gravy with salt & pepper. Mound the mash in the middle of each plate and top with the sausages. Spoon over the onion gravy and serve with green peas or your favorite vegetable