



Roasted Bangers and Mash



Ingredients for the Brown Chicken Stock:

- 1 tbsp vegetable oil
- 2 chicken wings
- 1 small sweet onion roughly chopped
- 1 cup celery roughly chopped
- 1 cup carrots roughly chopped
- 3 quarts water

Ingredients for the Mashed Potatoes:

- 2.25 pounds potatoes
- 3.5 tsp unsalted butter
- ½ cup milk
- salt and pepper to taste

Ingredients for the Roasted Bangers and Mash:

- 1 tbsp olive oil
- 1 cup sweet onion thinly sliced
- 3 rosemary sprigs leaves only
- 2 garlic cloves grated, minced or pressed
- 1 tbsp all purpose flour
- 12 oz beer
- 6 sausages
- 1 cup chicken stock
- 1 cup cherry tomatoes
- 4 cups mushrooms

Method for the Brown Chicken Stock:

1. Preheat a pot to high heat.
2. Add the oil and sauté the chicken wings. They need to be really golden.



3. Remove the chicken wings and add the veggies. Make them golden as well. Use them to scrape any stuck bits of chicken from before.
4. Add the wings back in, add the water, and decrease the heat to medium-low. Cover the pot. Let it simmer gently for 2 hours.
5. Use a spoon to remove the fat that floats on the stock.
6. Pass the stock through a colander and keep the stock only. We will not be using all of it so you can use the rest for soups, vegetable creams, stews, etc. You can also boil it down until you have a concentrated version of stock and freeze it to use later like it was a bouillon cube. With the vegetables from the stock, you can also make a vegetable cream.

Method for the Mashed Potatoes:

1. Take the whole, unpeeled potatoes to a preheated oven at 400F for 1-2 hours or until really soft and well cooked.
2. As soon as they are cool enough to handle pass the inside of the potatoes through a potato press or sieve.
3. Place the mashed potatoes in a pot on medium-low heat, add the butter and milk, and adjust with more milk if necessary until you get the consistency you like. Season with salt and pepper.

Method for the Roasted Bangers and Mash:

1. Drizzle olive oil in a pan over medium-low heat. Add the onions and rosemary leaves and sauté them with patience. Let the onions go soft and sweet and then caramelize. Ideally, use a pan that you can pop in the oven afterwards.
2. Add the garlic and flour and cook for a minute.
3. Add the beer and sausages and increase the heat to high. Let the beer evaporate almost completely. Stir the contents every couple of minutes so it does not stick.
4. Add the stock and lay the mushrooms and cherry tomatoes on top.
5. Once the stock starts to boil take the pan to a preheated oven at 430°F for 30-40min until the stock has thickened and the contents have become golden.
6. Serve hot with mashed potatoes and fresh rosemary.