

Slow Cooked Sausage, Mustard & Apple Casserole

The quality of the sausages, the herbs and the red onion chutney are really important. Keep tasting - I am guilty of loving the chutney a bit too much.

I like to brown the sausages in the oven beforehand. It gives me free time to prep the apples and onion, caramelising them as slowly as possible. (This is not strictly a one pot slow cooker dish, but the browning and caramelising is worth it.)

This recipe uses a slow cooker but can be changed for the oven.

Preparation: 20-30 minutes (including browning the sausages) Cooking Time: 4-5 hours (1st hour on high, the remaining 3-4 hours on low) Serves: 4

Ingredients

8-10 pork sausages
2 red eating apples (skin on chopped into chunks)
1 large red onion (roughly chopped)
1 sprig of rosemary (or dried if not available)
a few leaves of fresh sage (or dried if not available)
1 bay leaf (fresh or dried)
2 tbsp. red onion chutney (or cranberry sauce)
2 tsp. Dijon mustard
1/2 pt. vegetable stock
sprinkle of dried chillies
small knob of butter
salt and pepper
dash of double cream

Directions

Preheat oven to 200/180 degrees.
Brown sausages in the oven for 15-20 mins.
(Keep checking and turn the oven up if they are looking a bit pale).
Meanwhile in a frying pan slowly soften the red onion in the butter while the sausages brown. Add the apples to the pan for the last 5 minutes.
Transfer the sausages to the slow cooker with the onion and apple.
Add the stock and the herbs as well as half of the mustard and half of the chutney. (The sausages should be mostly covered).
Cook on high for the first hour and then turn down to "low" for 3-4 hours.
Check half way through and add the remaining mustard and chutney.
Season to taste. You can add some extra dried herbs if needed.
Just before serving add the dash of double cream.

Serve with mash or boiled potatoes and some fresh green beans or sugar snap peas.

Fresh Basil ...