



GLAMORGAN SAUSAGES

These vegetarian sausages are traditionally made with Caerphilly cheese. They are an ideal starter dish when served with tomato salad.

INGREDIENTS

- 250g potatoes - peeled, boiled and mashed
- 150g Caerphilly cheese
- 1 leek - thinly sliced
- 1 dessertspoon sunflower oil
- 1/2 teaspoon dried sage
- pinch cayenne pepper
- 1/2 teaspoon Dijon mustard
- 1 tablespoon fresh parsley - chopped
- 50g fresh wholemeal breadcrumbs
- 75g wholemeal breadcrumbs - dried (slowly) in the oven
- 1 egg - beaten
- ground black pepper

EQUIPMENT

- saucepan and lid
- potato masher
- sharp knife
- chopping board
- frying pan
- wooden spatula
- blender or food processor
- potato peeler
- fork
- teaspoon
- small bowl
- plate
- colander
- baking tray

HOW TO MAKE IT

1. Heat the oven to 200°C/Gas 6. Cook the leeks in the sunflower oil until soft but not brown.

2. In a mixing bowl, combine the mashed potato, Caerphilly cheese, cooked leeks (cooled), sage, parsley, Dijon mustard, the fresh breadcrumbs and pepper. Mix thoroughly using a fork.

3. Divide the mixture into 8 even-sized pieces and shape into sausage (cylinder) shapes, 7 - 8cm long.

4. Dip each sausage into the beaten egg and coat in dried breadcrumbs.

5. Place on to a greased baking tray and bake for 15 minutes until golden-brown.

HOT TIP: Do not add butter or milk to the mashed potato, it can make the sausages difficult to handle and they may fall apart.