

ELIZABETH

MEATYARD

EXCLUSIVE RECIPES, QUICK, EASY, DELICIOUS...



Sausage Casserole

LIVING WITHIN
A Recipe, Recipe, Greater Place

This recipe, with slight modification was our most successful supper of the Mums and Kids camping trip of 2007. It came together one very rainy evening as we yet again had 30 or so hungry mums and children to feed after a day at the beach near Pevensy Bay. The weather was as bad as it could be, some would say typical camping weather. It was pouring with rain and we were trying to cook on a couple of stoves under gazebos which were swaying in the wind!!

Well if I have set the scene, here is the recipe which was very well received by all, but particularly the children.

Cut each sausage into three, much easier to eat. Chop the streaky bacon and gently fry in a casserole pot with the sausages.

Add to the pot some diced red onion.

Then add the celery with the leaves chopped into small pieces.

Chop the garlic and the sage and put it into the pot. You then want to add the two eating apples, sliced with peel on.

Fry for about seven to eight minutes until the sausages are browned and the vegetables soft. Now add a tin of chopped tomatoes plus water, seasoning and a couple of teaspoons of Dijon mustard and the same of sugar.

The casserole now needs to cook slowly for about 40 minutes. Go and have a quick game of rounders then come back, serve with rice and enjoy.



YOU WILL NEED:

Sausages – the choice is yours from Toulouse to Chorizo, or even a mixture. Campers can get very hungry so allow at least a couple per person.

Streaky bacon (again one rasher per person)

Red onion – probably a couple for four to six people

3 to 4 stalks of celery

2 cloves of garlic

Small bunch of fresh sage

2 eating apples

Tin of chopped tomatoes

200mls of water

Seasoning

2 teaspoons of Dijon mustard

2 teaspoons of sugar

Elizabeth Meatyard writes exclusively every month for LIVING WITHIN, sharing recipes that you can cook and eat, day in, day out.

When she's not writing, Elizabeth runs a catering company, From Me To You, based in Surrey.