



CLONAKILTY

SAUSAGES & MASHED POTATOWITH CARMELISED ONION GRAVY





Sausages & Mashed Potato with Caramelised Onion Gravy

Recipe by Chef Kevin Dundon

Ingredients

- 8 Cumberland sausages, or similar
- 1 tbsp oil
- 1 tbsp butter
- 1 onion, thinly sliced
- 1 clove garlic, chopped
- 2 sprigs thyme
- ½ tbsp flour
- 100ml red wine
- 300ml vegetable or chicken stock
- 1 tbsp honey, optional
- 8 tbsp. mashed potato, warmed
- 50ml Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt

Directions

- Heat a large frying pan with some oil and add in the sausages. Cook for 3 - 4 minutes on each side until the sausages are browned all over. If you wish (whilst you are waiting on the sauce) you can place the sausages into the oven at 150°C at this stage for up to 10 minutes
- Meanwhile, heat a large saucepan with a little oil, and butter over medium heat
- Add in the sliced onions, garlic and herbs. Allow to cook for 5-8 minutes until caramelised, lower the heat if needed
- Sprinkle the flour and stir once or twice to coat the vegetables and melted fat in the pan. Cook for 1 minute or so for the flour to cook
- Gradually, add the red wine and stock at this stage and bring to the boil. Reduce the heat and simmer gently for 3 - 5 minutes until coating the back of a spoon. Check the seasoning, add some honey to correct bitterness and add extra stock if too thick. The sauce should be very lightly coating a spoon
- Place the sausages back into the saucepan and keep warm until needed
- Warm up the mash potato. When warmed up, stir in enough yogurt to create a smooth and



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flavoursome mash potatoes. Check the seasoning and keep aside

- Serve the warm mash with the sausage and generously pour the onion gravy over the sausages. Enjoy immediately