



**BLUESCREEK FARM MEATS'**

# **BANGERS & MASH**

## **INSTRUCTIONS**

Thinly slice 2 large onions.

Add 1 Tbsp oil to hot pan and then onions, sauté until brown and salt. Remove onions from skillet.

Remove stem from Kale and cut into large pieces.

Add 1 Tbsp oil to the pan and then Kale and garlic, sauté until tender and salt.

Remove Kale from pan and add the Bangers to a hot pan.

When the sausage is brown add 1 C Guinness and 1 C water to pan. The sausage will be half covered with liquid. Cook uncovered for 15 minutes and flip several times.

The liquid will reduce during cooking and more can be added if pan is almost dry. Liquids should reduce but not burn.

Then remove sausage from pan and make the gravy.

Add 1 C Guinness, 1 C beef stock to the remaining liquid.

Mix 4 tsp corn starch and 4 tsp cold water together and then add to pan, stir quickly to avoid lumps.

Reduce gravy for 10 min or until thick and then add onions.

Serve the Bangers with mashed potatoes and kale and then pour gravy on top.

Serves 6 people

## **INGREDIENTS**

mashed potatoes (6 servings)  
2 large red onions  
    2/3 used in gravy  
    1/3 mixed with the kale  
2 Tbsp vegetable oil  
½ tsp salt  
1 bunch kale (remove stems)  
2 cloves of garlic minced  
½ tsp salt  
¼ tsp crushed red pepper flake  
¼ tsp fresh ground black pepper  
¼ tsp nutmeg  
6 Irish Bangers or Bratwurst  
24 oz Guinness Beer  
1 C Water  
1 C Beef stock  
1 tsp sugar  
1 tsp balsamic vinegar  
4 tsp corn starch  
4 tsp cold water  
black pepper and salt to taste

## **EQUIPMENT**

Cast iron skillet  
Long tongs  
Well-padded oven mitt  
Knife