

NUTRITION: Lazza's Kitchen

Sausage, Mash and Onion Gravy

Lazza is still trying out new recipes
Today - he makes his first ever onion gravy for the sausage and mash

The term "gravy" first appears in Middle English as *gravé* and is presumed to derive from French, since the word may be found in numerous medieval French cookbooks.
The original medieval meaning was precise:
the *gravé* consisted of the natural cooking juices that flowed from roasting meat



8 sausages (I used Lincolnshire).
Butter.
2 Onions
1 heaped teasp plain flour
1 tablesp red wine vinegar
1 small glass red wine
1 teasp soy sauce
300 ml beef stock, made with 2 stock cubes
Salt and pepper to season
Sprinkle of parsley (can use thyme)

Heat the oven to 200C and put in the sausages.
Cook the peeled potatoes in hot water for around 20-25 minutes.
In a saucepan, melt around 30g butter, and then add the diced onion.
Cook till softened and just starting to caramelize. Keep stirring to make sure they do not stick.
In a bowl add 300 ml of hot water, and add the 2 beef stock cubes
Stir well, add the vinegar, soy sauce and red wine vinegar.
Add the plain flour to the onion, stir well, then pour in the liquid mix.
Bring to boil, and simmer.
Meanwhile, drain potatoes, add the butter and milk and mash nicely.
Plate up, and enjoy.



This was all about the onion gravy.
Not every recipe has to be complicated.
This was comfort food at its best.

And it was delicious. Honestly. One of the best things I have made. It is worth trying.

I thoroughly enjoyed eating this meal.

During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and very tasty meal to prepare.
I stun myself every week. If I can do it, so can you. Try something new!!!