

NUTRITION: Lazza's Kitchen

Sausage Casserole

**Another New Recipe from Lazza's Kitchen.
Toady he makes his first ever Sausage Casserole from scratch**

Early casserole recipes consisted of rice that was pounded, pressed, and filled with a savoury mixture of meats. Around the 1870s this sense of casserole seems to have taken its current sense. Cooking in earthenware containers has always been common, but the idea of casserole cooking as a one-dish meal became popular in the United States in the twentieth century



1-2 tbsp sunflower oil
12 good-quality sausages
6 rashers bacon or lardons
2 onions and 2 garlic cloves
½–1 tsp smoked paprika
400g tin chopped tomatoes
300ml/10fl oz chicken stock
2 tbsp tomato puree
1 tbsp Worcestershire sauce
1 tsp dried mixed herbs
100ml/3½fl oz red or white wine
salt and freshly ground black pepper

Heat one tablespoon of the oil in a large non-stick frying pan and fry the sausages gently for ten minutes, turning every now and then until nicely browned all over. Transfer to a large saucepan or a flameproof casserole dish and set aside.

Fry the bacon in the frying pan until starting to brown and crisp and then add to the dish with the sausages. Add the onions to the frying pan and fry over a medium heat for five minutes until they start to soften, stirring often. You should have enough fat in the pan, but if not, add a little more oil. Add the garlic and cook for two–three minutes until the onions turn pale golden brown, stirring frequently. Sprinkle over the chilli powder and cook together for a few seconds longer. Stir in the tomatoes, stock, tomato purée, Worcestershire sauce, and herbs. Pour in the wine, or some water if you're not using wine, and bring to a simmer.

Tip the tomato mixture carefully into the pan with the sausages and bacon and return to a simmer. Reduce the heat, cover the pan loosely with a lid and leave to simmer very gently for twenty minutes, stirring from time to time. Season to taste with salt and freshly ground black pepper



**The smell of this cooking was divine.
And it did not taste too bad either.
A cracking meal which I had with some
Spinach and Baby Potatoes.**

**It is definitely worth a try. I had never
cooked this from scratch before.**

**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
This was a great and very tasty meal to prepare.**