



HOME CHEF

ST. PADDY'S SPECIAL

Classic Bangers and Mash

With Roasted Pork Sausages, Shallot Gravy, Peas, and Mashed Potatoes



Pub grub is a fairly new concept as American dining destinations go, but the idea of getting a square meal with your pint of ale is an age-old tradition in the United Kingdom. Celebrate the epitome of pub grub this Paddy's Day with a hearty plate of bangers and mash. Seasoned pork sausages get roasted to juicy perfection and served with peas, creamy cheddar mashed potatoes, and a traditional shallot gravy. Pour a glass of your favorite pub brew because you've got the grub squared away with this meal.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 1049
Carbohydrates: 68g
Fat: 75g
Protein: 46g
Sodium: 1556mg
per serving

DIETARY



NUT-FREE

DRINK PAIRING

Whether you call it the black stuff, Irish Champagne, or ebony custard, the only thing you need to slake your thirst for Paddy's Day is a pint of Guinness.

INGREDIENTS

- 1 Shallot
- 2 Roma Tomatoes
- 16 oz. Russet Potatoes
- 2 Tbsp. Butter
- 2 oz. Shredded Cheddar Cheese
- ½ Cup Skim Milk
- 4 Pork Sausages
- 2 tsp. Minor's Demi-Glace Base
- 6 oz. Frozen Peas

WHAT YOU NEED

- Olive Oil
- Salt
- Pepper

EQUIPMENT

- Baking Sheet
- Colander
- Small Pot
- Mixing Bowl
- Medium Pan

DID YOU KNOW?

Referring to sausages as “bangers” in the UK dates back to meat shortages during World War I when sausages had such high water content they were likely to pop during cooking.

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Prepare the Ingredients

Preheat oven to 375 degrees and prepare a baking sheet with foil. Thoroughly rinse produce and pat dry. Peel and halve **shallot**. Slice into thin strips (julienne). Cut **tomatoes** into 1”-thick rounds (about 3 per tomato). Peel **potatoes** and cut into 1” dice.



Make Cheddar Mash

Place a colander in the sink. Place **potatoes** in a small pot, cover with **lightly salted water**, and bring to a boil. Reduce to a simmer and cook until tender, about 14-16 minutes. Drain in colander and return to pot with half the **butter**, **shredded cheddar cheese**, and half the **milk**. Mash with potato masher or fork and add **remaining milk** 1 Tbsp. at a time until desired consistency is reached. Season to taste with **salt and pepper**. Remove to a bowl, cover and set aside, and rinse out pot to make peas.



Cook the Sausages

While potatoes cook, heat a medium pan over medium-high heat. Add 2 tsp. **olive oil** and **sausages** to pan and brown on two sides, about 5 minutes total. Transfer to prepared baking sheet and roast for 15 minutes, or until a minimum internal temperature of 165 degrees is reached. Set aside.



Sear Tomatoes and Make Sauce

Return pan used to sear sausages to high heat (no need to clean). Add **tomato rounds** to pan and sear 1-2 minutes on each side, or until slightly charred. Transfer to a plate and set aside. Add **shallots** to pan and cook until soft, about 2-3 minutes. Add **demi-glace base** and ½ cup **water** and stir to incorporate. Cook until thickened to a pan gravy consistency, about 2-3 minutes. Set aside.



Make the Peas

Place **peas**, 2 Tbsp. **water**, and remaining **butter** in small pot used for potatoes over medium-high heat. Cook until warmed through, about 2-3 minutes. Season to taste with **salt and pepper**.



Plate the Dish

Place a mound of **cheddar mash** on a plate and top with **shallot gravy**. Arrange **tomatoes** on one side of mash and **peas** on opposite side. Arrange **sausages** on top of mash and serve.