

## ***BANGERS AND MASH***

- 4 Banger links
- 4 cups mashed potatoes
- 1 tbsp olive oil
- 2 med yellow onions sliced
- 3 cups beef stock
- 1 tsp Worcestershire sauce
- 1 tsp salt
- ½ tsp ground black pepper
- 1 to 2 tbsp cornstarch or flour to thicken



Mashed potatoes should be cooked first and be ready to serve.

Peel and thinly slice the onion. Heat the oil and saute the onion until browned and caramelized. Add all remaining gravy ingredients, except the cornstarch. Simmer under low heat for 10 minutes. Add the cornstarch and continue cooking until gravy thickens. Turn heat off and set aside.

Fry the sausages until cooked through. Scoop a heaping amount of mashed potatoes onto a plate, place the sausages on top and pour the onion gravy over them.