

A braise of sausages, vegetables, lemon and bay leaves – And variations

Very easy and comforting. Serve at the table as a “one-pot” dish – don’t forget to spoon over the juices.

(Based on Rick Stein’s recipe for “fennel sausages braised with lemony potatoes and bay leaves.” See: https://www.bbc.co.uk/food/recipes/fennelsausagesbraise_86774)

There are many variations possible; use what you have on hand:

- For vegetables, as well as or instead of potato, consider chunks of pumpkin, carrots, sweet potato, parsnips, capsicums, shredded cabbage or chunks of cabbage leaves, Brussels sprouts halved, chunks of onions or baby onions. Some vegetables might need to be par-cooked first.
- Try some chopped chilli. The lemon is worth it if you have it on hand.
- Make your favourite ratatouille recipe and place the browned sausages on top.
- Use quality based sausages, large or mini, separated if strung together. Pork-based is recommended but chicken and other flavours would work well too. No need to prick them.
- In all cases brown the sausages first, before adding them to the other ingredients. Dry frying them (without oil) is OK to help the browning process.
- Cook in a low, wide dish to bake the ingredients rather than stew. Uncover halfway through.

Ingredients (for two to four for main course)

- 450 – 500 g quality pork or other sausages
- 2 to 4 tbsp extra virgin olive oil
- 750g potatoes or mix of vegetables, peeled and cut into chunks
- 1 small onion, halved and thinly sliced
- 2 garlic cloves, chopped
- ½ to 1 lemon, using strips of pared zest and the juice
- 4 fresh bay leaves, and/or thyme or other herbs
- salt and freshly ground black pepper
- 120ml water (or white wine)
- (garnish) 2 tbsp fresh parsley, chopped or maybe torn basil leaves
- (condiment) tomato or other relish or chutney; hot sauce, such as harissa

Olive's Kitchen

Method

Not necessary but if you have one, use a shallow baking dish or casserole with a lid that can go on the stove as well as into the oven. Otherwise use two or more utensils, and cover with foil.

Preheat the oven to 180C°. Heat a large shallow baking dish on the stove. Dry fry the sausages (or add some oil if you wish). Turn a couple of times to brown them. No need to cook all the way through. Remove to a plate.

Add all the vegetables, onion and garlic to the baking dish. Drizzle over some oil and toss to coat. Place the sausages on top. Sprinkle over more oil, the lemon, tuck in the herbs, and add salt and pepper.

Carefully pour in the water around the edge of the vegetables. cover tightly with the lid or foil and bake for 30-40 minutes until the potatoes and vegetables are tender. Remove the cover after 20 minutes and increase the temperature to brown the dish if you wish. Serve as is, sprinkled with parsley or basil leaves.



Olive's Kitchen

