

Spicy Sausages with Beans & Red Onion Marmalade

Serves 4

Preparation time: 20 minutes

Cooking time: about an hour

THE
GOURMET
GOAT
FARMER

Ingredients

Bean Mixture

30ml (2 tbsp) olive oil

2 celery sticks, finely chopped

2 shallots or ½ red onion, finely chopped

1 garlic clove, crushed

115g streaky bacon, diced

150ml dry white wine

2x 400g tins of cannellini beans, mixed beans,
or beans of your choice

2 tsp dried thyme

2 tsp dried parsley

300ml stock

1x 400g tin chopped tomatoes

Salt + pepper

4 to 8 spicy sausages – *The Gourmet Goat
Farmer's Merguez Sausages* are excellent for
this recipe

Red Onion Marmalade

30ml (2 tbsp) olive oil

4 red onions, halved and sliced

2 tsp dried thyme

120ml (8 tbsp) red wine vinegar

65g brown sugar

Method

1. Make the red onion marmalade. Heat the oil in a large frying pan. Add the onions and fry over a medium heat, stirring frequently, for 10-15 minutes until soft and slightly caramelised. Add the thyme, red wine vinegar and sugar, stirring until the sugar dissolves. Increase the heat and let the mixture boil for 4-5 minutes, until dark and syrupy. Season to taste. Transfer to a bowl to cool.
2. Drain and rinse the beans, and set aside.
3. Heat the oil in a large pan. Add the shallots (or ½ red onion) and celery and cook over medium heat for 10 minutes, stirring frequently until soft and beginning to brown. Stir in the garlic, bacon and herbs. Continue cooking for 1 minute. Increase the heat, pour in the white wine and allow to bubble for 2 minutes.
4. Add the beans, stock and tomatoes. Lower the heat, cover and simmer for 30-40 minutes to reduce down.
5. Just before serving, grill or fry the sausages.
6. Serve sausages on the bean mixture, with the red onion marmalade as accompaniment.

