

= Glamorgan sausage =

Glamorgan sausage (Welsh : Selsig Morgannwg) is a traditional Welsh vegetarian sausage for which the main ingredients are cheese (usually Caerphilly) , leeks and breadcrumbs . The earliest published mention of the dish is from the 1850s in the book Wild Wales by George Borrow , although earlier records in the Glamorgan Archives show a version which contains pork . The modern vegetarian version became popular during the Second World War when meat was harder to come by , and is now mass produced by at least two companies . Variations include swapping the leeks for onions , as well as different herbs and spices , and various types of cheese .

= = History = =

The origins of Glamorgan sausages are unknown . Research conducted at the Glamorgan Archives in Leckwith discovered that there is at least one traditional recipe which used meat . In a notebook dated between 1795 and 1813 , John Perkins , of Ty @-@ draw , Llantrithyd , included 1 pound (0 @.@ 45 kg) each of lean pork and fat in his recipe for Glamorgan sausage . The spicing was also different from modern versions , calling for the use of cloves , sage and ginger .

The first published mention of them was by George Borrow in his book Wild Wales , written in the 1850s and published in the next decade . He described them as " not a whit inferior to those of Epping " ; Epping sausages were skinless meat @-@ based sausages . Borrow visited Y Gwter Fawr (now known as Brynamman) ; the Tregib Arms has been suggested as the location at which Borrow ate his sausages . Advertisements promoting the sale of Glamorgan sausages in the British Newspaper Archive begin to appear from 1869 onwards , with the first advert placed by pork butcher Henry S. Morgan of 288 Bute Street , Cardiff , placed in the Western Mail on 15 December . Morgan continued to advertise over the next several years , and by 1874 was claiming that the demand necessitated making the sausages on an hourly basis , and referenced other makers of the sausages making theirs days in advance prior to sale . The advert makes it clear that the sausages were made from " choice dairy @-@ fed pork " .

Glamorgan sausages are thought to have been originally made with Glamorgan cheese which is no longer made due to the near @-@ extinction of the Glamorgan cattle from which it was produced . They rose in popularity during the Second World War due to rationing limiting the volume of meat . The Welsh Gas Board promoted the sausage in a cookbook published in the 1950s , in which it did not specify the type of cheese to be used .

In 2005 , a campaign began to register the Glamorgan sausage under the European Union geographical indications and traditional specialities scheme . This would have resulted in only Glamorgan sausages that were made in Glamorgan being labelled as such . The move was led by Greta Watts @-@ Jones , who runs the Cwrt Newydd company in Cowbridge , which was the only major manufacturer in the area . Her main competitor , Cauldron Foods , is based in Bristol , England . This protection had previously been extended to Welsh lamb and beef . The vote to gain this status , alongside Caerphilly cheese , was held in March 2006 at the European Parliament , but was not passed into law .

= = Recipe = =

Traditionally vegetarian , in modern versions , Caerphilly cheese is used , which is a descendant of the old traditional Glamorgan cheese recipe and lends the same general texture and flavour . The basic recipe calls for a mixture of cheese , leeks and breadcrumbs , although some recipes swap the leeks for onions or spring onions and may add herbs such as parsley or further flavourings such as mustard . The mixture is then rolled into sausage shapes , and then fried . There is no sausage casing used , although egg is used to bind the mixture so that it does not fall apart during the cooking process .

= = Variations = = =

In various recipes , other substitutions and additions are suggested . The Hairy Bikers (Dave Myers and Si King) suggest Welsh cheddar as an alternative to Caerphilly and propose that it should be served with a red onion and chilli pepper relish . An Australian recipe suggests Lancashire cheese as an alternative ingredient . Regarding the breadcrumbs , chef Bobby Freeman suggests using half brown and half white breadcrumbs , while the cookbook for the London @-@ based restaurant Canteen proposes using a combination of boiled potatoes and breadcrumbs for the coating of the sausage .

Cooking techniques for the leeks vary , as some recipes call for them to be mixed in raw , while others suggest browning them first in a frying pan . If left raw , they can lend a crunchier texture to the sausage . Both the Hairy Bikers and Canteen opt for cooking the leeks first . A variety of herbs are used , with Canteen using sage as seen in the Perkins recipe , in addition to nutmeg . The Welsh gas board recipe simply called for " mixed herbs " , while Felicity Cloake in The Guardian suggested the addition of thyme . For the frying , the gas board and chef Sophie Grigson suggested the use of lard , while the Bikers used vegetable oil . Both Cloake and The Daily Telegraph writer Nigel Godwin proposed frying Glamorgan sausages in butter .