

Sweet & sour sausages (10 portions; 1h 15min)

Good with brown rice.

For the preparation

Chop the following ingredients:

4 cloves garlic roughly chopped
large thumb of ginger, peeled and cut into matchsticks
3 red onions cut into chunks

6 carrots (about 750g) chopped into roughly 3cm slices
3 peppers chopped into chunks
1 cucumber chopped into 3cm chunks and then into 6 'triangles' lengthways

2 tins pineapple in juice (not syrup!) 432g/drained weight about 260g each). If using slices, cut the rings into chunks in the can.

For the cooking

6 tbsp olive oil
10-12 sausages (700-750g)
200g ketchup
3 tbsp sugar
6 tbsp malt vinegar
1 stock pot or cube
3 heaped tbsp gravy granules

Heat the olive oil in a LARGE POT. Cut the sausages into pieces (5-6 per sausage), this can be straight into the pot but take care not to splash hot oil. Fry on medium heat for 5 minutes.

Add the garlic, ginger, and onion and fry on high heat for 3 minutes.
Add the carrot and fry for a further 2 minutes. Boil the kettle.

Add the ketchup (measure straight from the bottle by weighing it before & after), sugar, pineapple, and vinegar. Mix well. Add the peppers and cucumber and mix again.

Pour in hot water (750 ml, or until you have as much sauce as you want), add the stock and gravy granules, and mix. Cook on high heat, stirring frequently to mix the gravy & stock.

Once the pot boils, turn down to a simmer. After 5 minutes, taste the sauce to see if it wants to be sweeter (add sugar) or more sour (add vinegar). If adding vinegar try a teaspoon at a time.

Simmer for 45min stirring occasionally. Top up the sauce with hot water as needed.