



# SAUSAGE CASSEROLE

*Preparation time: less than 30 minutes*

*Cooking time: 2 to 3 Hours*

*Skill level: Easy!*

## INGREDIENTS

- 6 sausages
- 4 rashers of bacon
- 1 large onion (chopped)
- 1 clove of garlic (chopped)
- 60g malt extract
- 280ml beef gravy stock
- 1 teaspoon mixed herbs
- Salt and pepper to season

## TIP

Serve on a plate inside a large Yorkshire pudding with creamed mashed potato and your choice of fresh vegetables.

## METHOD

On a low heat, gently fry the sausages, chopped bacon, onion and garlic with a teaspoonful of malt extract until the sausages are browned and the onions slightly caramelised. Chop the sausages and bacon into chunks and place in a casserole dish along with the cooked onions, garlic and juices from frying. Add the remaining malt extract, the mixed herbs and 280ml (one pint) gravy stock and season with salt and pepper to your taste. Stir gently then put in an oven pre-heated to 180°C and cook for two and a half hours.



Muntons make more than just malt. For example, Muntons are Europe's largest homebrew manufacturer, making beer and wine making kits that can be found in specialist homebrew shops, online and through some high street retailers.

**DID  
YOU  
KNOW?**



## **MALT..**

### *the undiscovered ingredient*

Using these recipe cards we will try to show you how this fascinating ingredient can bring improvements to virtually all of your cooking. In addition to the recipe featured, why not try adding a dessert spoonful of malt extract to any sauce you make; into your gravy or try using malt extract in place of half of the sugar called for in your baking recipes. We know you will be surprised by the difference this can make.

Adding malt extract really pulls the flavours of this dish together and introduces an evocative deep shine to the sauce. It makes the sausages and bacon that little more succulent and by using malt extract, rather than oil, to fry the sausages, bacon and onion you not only reduce the fat content but you bring out the lovely meat flavours as well.

For this recipe you will need to have a jar of malt extract to hand. Malt is made from barley, a cereal grown extensively in our region; it is made by sprouting the barley just enough to allow natural enzymes to be developed in the barley that can convert starch into sugar. At Muntons our malt extract is made by adding just water and heat – nothing else. We crush our malt and soak this in hot water to encourage the natural enzymes to convert the barley starch into sugars and then boil this to drive off most of the water leaving the sticky glossy syrup that you spoon from the jar. Jars of malt are available from health food shops and pharmacists.

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Passionate about malt