

Stunning Spiced Sausage Stew

I created this recipe based on a recipe I'd cooked some time ago called "Schwartz" Cajun Sausage and Butterbean Stew. It's another warm winter dish and could well become a classic in my household, the key to this recipe is time, take your time cooking it to build the flavours. It's a comforting dish full of flavour, you will really enjoy it. Serve this with rice, mashed potatoes or rice.



Ingredients

- A Glug of Oil
- 10 Pork Sausages
- 1 Pack Of Bacon Lardons
- 2 Red Onions
- 3 Garlic Cloves *
- 2 Carrots
- ¼ Tsp Chilli Flakes
- 2 Tps Smoked Paprika
- 2 Tsp Cumin Powder
- 2 Tsp Coriander Powder
- 2 Tsp Dried Sage
- 1 Tbs Tomato Purée
- 2 Tins of Tomatoes
- Vegetable Stock Cube
- 1 Pint of Water
- 1 Glug of Worcestershire Sauce





Also Needed

- Frying Pan*
- Casserole Dish
- Spoons
- Knife
- Chopping Board
- Wooden Spoon


* hiding from the picture

Stunning Spiced Sausage Stew





Method:

1	Preheat the oven to 200C/ 180 fan/ gas mark 6	
2	Chop the carrots and onions, you don't need to cut them too fine as this is going to be cooked for a while. Once you've done that set aside.	
3	Take three cloves of garlic and chop them up finely. You can crush them with a garlic crusher if that's easier or put them in a food processor. Set aside in a container for cooking later.	
4	Place all the spices and the dried sage in a container for later. You can use as much or as little of the spices as you like – remember it's all down to your personal taste	
5	Heat the oil in a frying pan and, when hot cook the bacon lardons until they are brown. Place them in a casserole dish.	

Stunning Spiced Sausage Stew

5	Place the sausages in the frying pan and then cook until they are starting to brown, place them in the casserole dish with the bacon.	
4	Place the onion and garlic in the frying pan and cook until golden brown.	
5	Add the carrots and cook until they start to brown.	
6	Add the herbs and spices and stir thoroughly you'll need to cook these for a while to allow all the flavours to come together. You'll need to give this time for all the flavours to marry up and become good friends.	
7	Once you've stirred all the ingredients together and you've cooked the spices and the herbs through. Add the tomato purée and stir that through, you'll need to cook that out thoroughly before the next stage.	

Stunning Spiced Sausage Stew

8	Add the tins of tomatoes and stir thoroughly. You'll need to cook this through mixing regularly to bring all the flavours together.	
9	Add the stock cube and the water and mix thoroughly.	
10	Allow to simmer on the hob for a short while.	
10	Transfer to a casserole dish and cook for 15 – 20 minutes	
I served this with buttery mashed potatoes mixed with finely chopped spring onions.		

