

Glamorgan Sausages

INGREDIENTS:

- ¼ Leeks
 - 1 tsp. sunflower oil
 - ½ jacket potato cooked
 - 35g grated caerphilly
 - Pinch cayenne pepper
 - 1 tsp. chopped fresh parsley
 - ¼ tsp. dried sage
 - ¼ tsp. Dijon mustard
 - 0g whole meal breadcrumbs
 - Ground black pepper
 - ½ eggs beaten
- Makes 3 sausages

DIRECTIONS:

1. Preheat the oven to 350° F, Gas mark 4, 180°C.
2. Cook the leeks in the oil until soft not brown.
3. Scoop out potato from the fresh and mash.
4. Add the cheese, leeks, cayenne pepper, sage, parsley, mustard, ½ bread crumbs and pepper to the mash. Mix thoroughly using a fork.
5. Divide the mixture into 3 equal pieces shape into a sausage shape.
6. Dip each sausage into the egg and coat in breadcrumbs. Place on a greased baking tray.
7. Bake for 15 minutes. Remove from oven and cool.

Always remember to supervise children during cooking activities

