

RECIPE 15



Ages 5-7

GLAMORGAN SAUSAGES

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These vegetarian 'sausages' are traditionally made with Caerphilly cheese. They make a light and tasty meal served with tomato salad. Makes 6.

How to make it

1. Cook the leeks in the sunflower oil until soft but not brown.
2. Scoop out the flesh of the potato into a mixing bowl and mash until smooth. Don't add butter or milk as it can make the sausages difficult to handle and they may fall apart. Save your potato skins for another meal (see the tip!).
3. Add the Caerphilly cheese, cooked leeks, cayenne pepper, sage, parsley, Dijon mustard, 50g breadcrumbs and pepper to the mash. Mix thoroughly using a fork.
4. Heat the oven to 200°C/Gas 6. Divide the mixture into 6 even-sized pieces and shape into sausage shapes, 7-8cm long, or 6 small, round 'fishcake' shapes.
5. Dip each sausage into the beaten egg and coat in breadcrumbs.
6. Place onto a greased baking tray and bake for 15 minutes until golden-brown.

TIP! MAKE CRISPY POTATO SKINS BY SPRINKLING THE SKINS WITH CHEESE AND BAKING THEM IN THE OVEN FOR 10 MINUTES.

Per sausage (73g)

ENERGY	561kJ / 134kcal	7%
FAT	6.0g	9%
SATURATES	2.9g	15%
SUGARS	1.0g	1%
SALT	0.4g	7%

% of an adult's reference intake
Typical values per 100g: Energy 768kJ / 184kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (73g)
Energy	768kJ / 184kcal	561kJ / 134kcal
Protein	9.2g	6.7g
Carbohydrate (of which sugars)	16.7g (1.4g)	12.2g (1.0g)
Fat (of which saturates)	8.2g (4.0g)	6.0g (2.9g)
Fibre	3.1g	2.3g
Salt	0.6g	0.4g

Ingredients

- ½ leek, thinly sliced
- 1 teaspoon sunflower oil
- 1 large jacket potato, cooked and cooled
- 75g Caerphilly cheese, grated
- Pinch cayenne pepper
- ½ teaspoon dried sage
- 1 tablespoon fresh parsley, chopped
- ½ teaspoon Dijon mustard
- 100g fresh wholemeal breadcrumbs
- Ground black pepper
- 1 egg, beaten

Equipment

Saucepan and lid, potato masher, sharp knife, chopping board, frying pan, wooden spatula, blender or food processor, potato peeler, fork, teaspoon, small bowl, plate, colander, baking tray, measuring jug, kitchen scissors

Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Show the children

- How to scoop the potato from the jackets
- How to use a potato masher
- Fine snipping of herbs with scissors in a jug
- How to mix
- How to portion and shape the mixture
- How to coat in egg and breadcrumbs

Under supervision, children can:

- Scoop the potato out of the baked jackets
- Snip the herbs in a jug with scissors
- Mash the potato
- Mix and season the mixture
- Shape and form the 'sausages'
- Egg and crumb the 'sausages'

Skills

Scooping, snipping herbs in a jug using scissors, shaping, coating with egg and breadcrumbs

