

## Glamorgan Sausages with Plum & Tomato Relish



**Serves 2    Prep 30 mins + chilling    Cooking 30 mins    Easy**

### Ingredients

175g-200g fresh white breadcrumbs  
150g Caerphilly or Lancashire cheese, crumbled or grated  
6 spring onions, finely chopped  
1 tbsp chopped parsley  
1/2 tsp thyme leaves  
2 eggs lightly beaten  
1 tsp Dijon mustard  
2-3 tbsp milk  
45g butter or 3 tbsp sunflower oil  
salt & pepper

### Plum & tomato relish

1 small onion, chopped  
1 tbsp sunflower oil  
400g ripe tomatoes, skinned, seeded & roughly chopped  
450g ripe plums, quartered & stoned  
1 tbsp caster sugar  
salt & pepper

1. Both sausages and relish can be made in advance in whichever order you fancy.
2. For the relish, fry the onion gently in oil until tender, without browning. Now add the remaining ingredients and simmer for about 20-25 mins until thick, stirring frequently to prevent browning. Taste - the sauce should be mildly tart and sweet, like a fresh chutney. Leave to cool and serve either hot or cold
3. To make the sausages, put 150g of the breadcrumbs in a bowl with the cheese and the spring onion, parsley, thyme and plenty of salt and pepper. Mix well. Beat the eggs with the mustard. Set aside 2 tbsp of this mixture and stir the remainder into the crumbs and cheese. If the mixture is still a little dry, add a touch of milk, to help bind it together without making it sloppy.
4. Divide the mixture into 8 and shape each one into a sausage about 2.5 cm thick. Put the reserved egg and mustard mixture into a shallow bowl, and spread the remaining breadcrumbs out on a plate. One by one, dip the sausages into the egg mixture and then coat in crumbs. If you have time, chill the sausages in the fridge to firm up.
5. To fry, just heat the butter or oil in a frying pan and fry the sausages briskly for about 5 minutes until brown, then reduce the heat and cook for a further 3-4 mins. To grill, drizzle the sausages with a little oil, line the grill rack with foil, and then grill the sausages under a preheated grill until well browned on all sides, turning frequently. Serve with the plum and tomato relish.