

Norfolk Pork Sausages



Serves 3 Prep 5 mins

Cooking 20 mins

Easy

Ingredients

425 ml whole milk
1 small onion or shallot
450g sausages or chipolatas
1 level tbsp cornflour
1 level tsp dry mustard (optional)
salt & pepper
2 tbsp chopped parsley

1. Separate the sausages and prick each in several places with a fork. Peel and chop the onion or shallot finely. Wash and chop the parsley.
2. Heat all but two tbsps. of the milk with the onion in a saucepan. Drop in the sausages & simmer gently for about 20 mins (or cook in the oven - see below). Lift out the sausages & keep hot. Blend the cornflour & mustard with the remaining milk. Pour the hot milk into it stirring all the time. Return to the pan & stir until it boils & boil gently for 5 mins. Season to taste. Add the chopped parsley & return the sausages for a few mins to make sure they are hot.
3. Because milk burns easily be sure to use a gentle heat for cooking this and the thickest pan you have. You may find it safer to do the 20 min cooking in the oven. It is an unusual way of cooking sausages but very pleasant.
4. Accompaniments: Mashed or boiled potatoes, and either peas, cabbage, brussels sprouts or spinach. Plenty of French mustard, if you like