

# Tom's Sausages and Beans



**Serves 3    Prep 5 mins**

**Cooking 55 mins**

**Easy**

## Ingredients

75g smoked pancetta, cut into small cubes  
6 good-quality pork sausages  
2 tsp duck fat, lard or sunflower oil (if needed)  
125g long shallots, sliced into 2cm-wide rounds  
1 carrot, diced  
1 stick celery, diced  
400g tin flageolet beans, drained and rinsed  
200ml chicken or vegetable stock, hot  
a small handful parsley, chopped  
English mustard to serve

1. Heat the oven to 200C/fan 180C/gas 6 and put a roasting tin in to heat up for 15 minutes. Once hot, add the pancetta and sausages and cook in the oven for 15 minutes or on the stove for about 5-7 mins, shaking the pan halfway through, until the sausages lightly brown and the pancetta cubes render down. Remove the sausages and set aside.
2. If the pancetta has not rendered much fat, add 1-2 tsp of fat or oil. Stir in the shallots, carrot and celery to the pan, add a good pinch of salt or return to the oven for 7 -10 minutes or until everything starts to soften - a little bit of colour is fine but if it starts to look too brown, cover with foil.
3. Add the beans, and stir well, then pour in the stock and put into the oven or return to the oven for another 10-15 minutes so that all the flavours combine.
4. Add the parsley, give the beans a stir and taste for seasoning. Put the sausages on top of the beans and return to the oven for a final 5-7 minutes to heat through. Serve with English mustard, if you like.
5. Note: the secret is that the beans shouldn't be in too much liquid by the end