

# *Glamorgan Sausages*

This recipe traditionally uses Caerphilly cheese. You may wish to add some alternative ingredients to this recipe - for a Mediterranean touch mix together chopped red onion, chopped olives, small capers, and chopped sun-dried tomatoes (this mixture will replace the weight of the leek). Use basil in place of parsley and add some chopped herbs to the coating breadcrumbs. Fry in light olive oil.

## **Ingredients**

make 16 small sausages

225g/8oz fresh breadcrumbs

125g/5oz grated cheese

3 medium size free-range eggs

A little milk

Salt and white pepper

1/4 tsp dry mustard 175g/6oz leek shredded finely  
and sautéed in a little butter for 2 minutes

1 heaped tablespoon of fresh, chopped parsley

## **COATING**

100g/4oz fresh breadcrumbs

1 medium size free-range egg

4tbsp milk

Vegetable oil for frying



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## **Method**

Place the breadcrumbs, cheese, seasoning, mustard, leek and parsley into a mixing bowl, mix well. Beat together the eggs, and add to the ingredients. Mix the ingredients to form a firm dough, you may need a little milk if the mixture is a little dry. Divide the mixture into 16, and form each portion into a sausage shape.

Coating the sausages is optional, however this does give a wonderful crispy texture to the sausages. Beat the egg and add the milk. Place the breadcrumbs on a plate and season lightly. Take each sausage and roll it in the egg mixture, drain a little, then roll in the breadcrumbs. Repeat until all the sausages are coated, chill for 30 minutes.

Heat a heavy base frying pan, add a little oil, add the sausages a few at a time and cook over a medium-low heat until golden all over. The sausages should fry gently, if the heat is too high they will brown too quickly and not be cooked through.

These sausages are delicious served with a tomato salad. Use ripe tomatoes, sliced together with a little red onion. Dress with olive oil, a little balsamic vinegar, freshly ground black pepper.