



Bubble and Squeak with Sausages and Onion Gravy

READY IN



120 min.

SERVINGS



6

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 9 servings bay leaves
- 6 beef sausages
- 2 knobs butter divided
- 7 ounce vacuum chestnuts packed
- 1 cup chicken stock see
- 1 tablespoon flour all-purpose
- 1 bunch rosemary fresh leaves picked finely chopped

- 6 servings nutmeg for grating
- 6 servings olive oil
- 6 pork sausages
- 1.5 pounds potatoes all-purpose peeled cut into chunks
- 3 onions red peeled finely sliced
- 6 servings sea salt and pepper black freshly ground
- 1.3 pounds into equal-sized chunks mixed trimmed peeled chopped

Equipment

- frying pan
- oven
- roasting pan
- broiler
- stove
- skewers

Directions

- Cook the potatoes and mixed vegetables in a pan of boiling water for 15 to 20 minutes. When they're cooked right through, drain and put aside.
- Heat a glug of olive oil and half the butter in a large frying pan and add the chestnuts. When they start to sizzle, add the potatoes and vegetables. Mash the vegetables up in the pan, then pat the mixture into a thick pancake shape. Fry on a medium heat for about 1/2 an hour, checking it every 5 minutes. When the bottom turns golden, flip it over bit by bit and mash it back into itself. Pat it out flat again and continue cooking until really crisp all over.
- Preheat the oven and a roasting pan to 425 degrees F.
- Unravel the pork sausage links and squeeze the filling between them until all 6 sausages are joined together. Do the same to your venison or beef sausages. Pat them to flatten them a bit.
- Drizzle with olive oil and massage this into your 2 long sausages.
- Sprinkle over a pinch of pepper, the rosemary and some nutmeg. Put 1 sausage on top of the other and roll them up like a licorice wheel! Poke 2 skewers through, in a cross shape, to hold the sausages together.

- Take the preheated roasting pan from the oven.
- Drizzle in some olive oil and add the onions. Season, add the remaining butter and stir.
- Place the sausage wheel on the onions and stick the bay leaves between the sausages.
- Drizzle with some more oil and roast in the preheated oven for around 40 minutes, or until golden and crisp. When your sausages and onions are done, your bubble and squeak should be ready too. If it still hasn't browned, put it under a hot broiler for 5 minutes.
- Remove the sausages to a plate and place the pan with the onions on the stove top. Whack the heat up to full and stir in the flour, balsamic vinegar and stock. Bring to the boil and leave to thicken to a nice gravy consistency, stirring every now and then, and season to taste.
- Remove the skewers and cut the sausages into wedges.
- Serve the bubble and squeak with a good portion of sausage, a spoonful of onion gravy and perhaps some lovely dressed watercress.
- "Our agreement with the producers of "Jamie at Home" only permit us to make 2 recipes per episode available online. Food Network regrets the inconvenience to our viewers and foodnetwork.com users"

Nutrition Facts



Properties

Glycemic Index:78.29, Glycemic Load:26.44, Inflammation Score:-7, Nutrition Score:26.380000041879%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg

Nutrients (% of daily need)

Calories: 994.21kcal (49.71%), Fat: 46.41g (71.39%), Saturated Fat: 12.95g (80.96%), Carbohydrates: 73.6g (24.53%), Net Carbohydrates: 54.5g (19.82%), Sugar: 18.63g (20.7%), Cholesterol: 83.99mg (28%), Sodium: 801.97mg (34.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.29g (132.57%), Fiber: 19.1g (76.39%), Iron: 13.58mg (75.46%), Vitamin C: 41.48mg (50.28%), Vitamin B6: 0.92mg (46.14%), Vitamin B3: 7.75mg (38.75%), Calcium:

361.93mg (36.19%), Vitamin B1: 0.51mg (33.74%), Potassium: 1088.8mg (31.11%), Manganese: 0.6mg (29.87%), Phosphorus: 270.11mg (27.01%), Zinc: 3.27mg (21.78%), Copper: 0.42mg (20.82%), Magnesium: 68.16mg (17.04%), Vitamin B12: 0.98µg (16.37%), Vitamin E: 2.28mg (15.19%), Folate: 58.24µg (14.56%), Vitamin B2: 0.24mg (14.39%), Vitamin B5: 1.34mg (13.37%), Vitamin K: 11.54µg (10.99%), Vitamin D: 1.47µg (9.8%), Vitamin A: 221.1IU (4.42%), Selenium: 2.15µg (3.07%)