

Cook with Stanley!

Stanley understands that the current economic climate is forcing us all to look at food budgets. However, healthy eating doesn't have to be expensive – with a little careful planning, some wise shopping and creativity you and your family can eat well without spending a fortune. The lower oven of the Stanley Brandon operates at half the temperature of the main oven so it's ideal for slow cookings dishes like our Sausage Casserole and Fish Pie we have this week.

Sausage Casserole

This sausage casserole recipe is designed to be simple, warming and very, very tasty. The only ingredient I would stress are the sausages, don't view the sausages as a cheap alternative to other forms of meat, go out of your way to get high quality fresh pork sausages, it will make or break this dish.

Ingredients

- 8 large, lean pork sausages (two per person)
- 1 tbsp oil
- 1 large sized onion peeled and sliced
- 2 crushed garlic cloves
- 2 red or yellow peppers sliced
- 400g /14 oz tin of chopped tomatoes
- 1 400g/ 14 oz flageolet beans
- 1 - 2 tsps chopped mixed herbs, suggestions rosemary, thyme, sage, parsley
- 1 tbsp wholegrain mustard
- 3 tsps tomato puree
- salt & black pepper

Serves 4

Heat the oil in a large heavy bottomed casserole dish on a medium heat.

Cut the sausages in 2.5cm/1 inch pieces with kitchen scissors. Fry over medium heat for 8 minutes turning frequently until the sausages are golden.

Remove the sausages from the casserole, add the onions and garlic to the dish, cook over a moderate heat for about five minutes or until they start to become tender.

Stir in the tinned tomatoes and their juice into the onion and add the herbs, peppers, mustard and tomato puree. Rinse out the tomato can with

1/3 of a can of water and add it to mixture. Bring to the boil, stirring, and then add the drained beans.

Return the sausages to the casserole and season to taste.

Reduce the heat, cover and cook gently for a further 10 - 15 minutes



Helvick Fish pie

This is comfort food at its best. The fish you use can be judged to suit the occasion and season. Use cod or salmon as the basis for the mixed fish and include mussels, prawns and monkfish or whatever fish is available at your local fishmongers.

Ingredients

- 1wlb/800g mixed fish
- 12fl oz/350ml milk
- 2fl oz/50ml white wine
- 2fl oz/50ml chicken stock
- 1oz/25g butter
- 1oz/25g flour
- Bay leaf
- 3 sprigs chopped fresh dill
- 3lbs/1.3kg potatoes, butter and milk for seasoning
- Salt and pepper

Serves 4

Poach fish in milk with bay leaf until fish is opaque. Strain milk off fish and place fish in pie dish. Melt butter, add flour to make roux, add white wine and stock, whisk until mixture becomes thick. Add reserved milk and whisk until sauce thickens. Season to taste and add chopped dill. Pour sauce over fish, allow to cool. Steam potatoes until cooked. Mash with milk and butter until light and fluffy, season to taste. Smooth mashed potatoes over fish in pie dish. Place in preheated oven 180°C for 15 minutes.

This can be prepared beforehand, chilled and reheated later on that day. A perfect meal served only with a crisp green salad.



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