

From Brooke's Kitchen: Banger Stew with Red Norland Mashed Potatoes



Looking for a meal that makes tomorrow's dinner easier, too? This Banger Stew pairs our pre-cooked banger sausages with vegetables and a rich gravy, served alongside creamy Red Norland mashed potatoes. It's a simple, satisfying meal that gives you something delicious to look forward to the next day!

—Brooke

Prep Time: 15 minutes

Cook Time: 40-50 minutes

Servings: 4

Banger Stew

Ingredients

- 3 Northern Farm pre-cooked banger sausages (one package)
- 1 large carrot, sliced
- 1 clove garlic, minced
- 2 celery ribs, sliced
- ½ large onion, chopped
- 1 cup frozen peas
- 1½ cups water
- ¼ cup olive oil
- ⅓ cup flour, plus 2 teaspoons
- ½ beef bouillon cube
- ½ teaspoon Worcestershire sauce
- ½ teaspoon salt
- ¼ teaspoon black pepper

- 1 bay leaf
- 1 sprig rosemary

Instructions

1. Slice the sausages into five pieces each. Roll the pieces in $\frac{1}{3}$ cup of flour until evenly coated. Heat the olive oil in a large cast-iron or carbon-steel pan over medium-high heat. Fry the sausage pieces until lightly browned on all sides, about 5 minutes. Remove the sausages from the pan and set aside.
2. Reduce the heat to medium. Add the carrots, celery, and onion to the pan and cook in the oil for about 5 minutes, or until the onion begins to soften. Add the minced garlic and cook for another minute.
3. Sprinkle in the remaining 2 teaspoons of flour, adding $\frac{1}{2}$ teaspoon at a time and stirring well after each addition. Adjust the amount to achieve your preferred sauce consistency. I like mine as thick as gravy, which the full 2 teaspoons will provide.
4. Add the water, salt, pepper, bouillon cube, rosemary, bay leaf, and Worcestershire sauce. Stir well, cover, and simmer over medium-low heat for 15 minutes, stirring about every 5–7 minutes.
5. Stir in the browned sausages and frozen peas. Continue cooking for another 15 minutes, stirring every 5 minutes to prevent the stew from sticking or burning on the bottom. Remove the bay leaf and rosemary sprig before serving.
6. Serve immediately with Red Norland Mashed Potatoes.

Red Norland Mashed Potatoes

Ingredients

- 5 large Northern Farm Red Norland potatoes
- $\frac{1}{2}$ cup milk
- $\frac{1}{3}$ cup sour cream
- 2 tablespoons butter
- $\frac{1}{4}$ teaspoon garlic powder

- ¼ teaspoon salt
- ¼ teaspoon black pepper

Instructions

1. Wash the potatoes and place them in a large pot. Add enough water to cover them. Bring to a boil over medium-high heat and cook for 15–20 minutes, or until the potatoes can be pierced easily with a fork.
2. Drain the potatoes and return them to the pot. Mash with a potato masher until broken down. Add the butter, milk, sour cream, garlic powder, salt, and black pepper. Continue mashing until all the ingredients are thoroughly combined and the potatoes are light and fluffy.
3. Serve immediately alongside the banger stew.

Brooke's tip: This stew is even better the next day! The extra time lets the gravy's flavors settle into the vegetables and bangers. It's a great way to plan ahead, and since the stew is made in just one pot, cleanup is easy, too.