



GLAMORGAN SAUSAGES

Delicious Welsh vegetarian sausages made using our Welsh Smoked Cheddar.

Makes 16 sausages

INGREDIENTS

225g fresh breadcrumbs
125g paprika smoked cheddar
3 medium size free-range eggs
drop of milk
salt and white pepper
1/2 teaspoon mustard powder
175g leek shredded and sautéed
1 heaped tablespoon of chopped parsley

COATING

100g fresh breadcrumbs
1 medium sized egg
4 tbsp milk
Vegetable oil for frying

INSTRUCTIONS

1. Mix the breadcrumbs, cheese, seasoning, mustard, leek and parsley.
2. Beat the eggs and add to the ingredients. Mix the ingredients to form a firm dough and add a drop of milk if too dry. Divide the mixture into 16, and form each portion into a small sausage shape.
3. For the coating, beat the egg and add the milk. Place the breadcrumbs on a plate and season. Take each sausage and roll it in the mixture, drain a little, then roll in the breadcrumbs. Repeat until all the sausages are coated and chill for an hour.
4. Heat a heavy base frying pan, add a little oil, add the sausages a few at a time and fry gently over a medium-low heat until golden all over and cooked through.