

WELSH DRAGON SMOKED SAUSAGE & WHITE BEAN STEW

Serves 4

A warming winter recipe based on one by Julius Roberts' with a special smoky addition.



8 *Welsh Dragon Pork Sausages* (400g)
3 garlic cloves, finely sliced
2 celery sticks, finely sliced
2 red onions, finely sliced
3 tbsp *Fino Olive Oil*
pinch of chilli flakes/spring of rosemary/2 bay leaves/1 cinnamon stick
Small glass of beer or white wine
2 plum tomatoes
2 x 400g can of white beans, drained and rinsed
750ml chicken stock
250g swiss chard or cavolo nero

Slice the skin of the sausages, remove the meat and roll into small meatball size portions.

Fry in olive oil for a few minutes, then reduce the heat add the garlic, chilli, rosemary, bay and cinnamon.

Deglaze the pan with the beer/wine and crush in the tomatoes then add the celery and onion and cook until nicely caramelised.

Add the beans and the stock and simmer for 20-30 minutes.

Separate the leaves and the stalks and fry the stalks for a few minutes then add the leaves, turn off the heat and cover.

Serve with bulgar wheat or rice.