

GLAMORGAN MEAT-FREE SAUSAGES

Delicious Welsh Meat-Free Sausages made using our [Smoked Welsh Cheddar with Paprika](#)

Makes 16 sausages

Ingredients

125g [Smoked Welsh Cheddar with Paprika](#)

225g fresh breadcrumbs

175g leek shredded and sautéed

3 medium size free-range eggs

a drop of milk

1/2 teaspoon mustard powder

1 heaped tablespoon of chopped parsley

[Cotswold Gold Rapeseed Oil](#), for frying

[Halen Môn Sea Salt](#) and white pepper

Coating –

100g fresh breadcrumbs

1 medium sized egg

4 tbsp milk



Mix the breadcrumbs, [Smoked Welsh Cheddar with Paprika](#), [Halen Môn Sea Salt](#) and white pepper, mustard, leek and parsley.

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.

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.

Heat a heavy base frying pan, add a little [Cotswold Gold Rapeseed Oil](#), add the sausages a few at a time and fry gently over a medium-low heat until golden all over and cooked through.

Enjoy!

Also great served with our [Sweet Chilli Jam](#)!

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