



## Apple Cider Banger And Mash

### . Ingredients

- 1 lb. Pork & Greens English Banger sausages
- 1 lb. yellow onions, peeled and cut in rough chunks
- 1 tsp. prepared English mustard
- a pinch of thyme
- 1 cup apple cider (fresh, unpasturized cider or unfiltered apple juice is the best, if you can get it)
- salt and pepper
- 1 large red eating apple.
- Creamy mashed potatoes for four

### Directions

Brown the sausage in a medium sized cast iron or other heavy-bottomed skillet. The skillet should provide just enough room for ingredients to fit tightly. Pack the onions in around the sausage, giving the pan a few shakes. Stir in the mustard, thyme and apple juice. Cover and simmer (do not boil) over medium low heat for about 30 minutes. The apple juice will combine with other pan juices to make a rich gravy. Season to taste with salt and fresh ground black pepper. Core but do not peel the apple. Divide into 8 to 10 slices and arrange over the top of the dish. Cover and simmer for another 5 minutes. The apples should soften but keep their shape.

To serve, arrange the sausage on a generous portion of creamy mashed potatoes and top with apples, onions and gravy.



Serve with

or your favorite beverage, sourdough bread and *Blueberry Trifle* ([joyofbaking.com](http://joyofbaking.com)) for dessert!

