

IRISH BANGERS & MASH

Serves 3 - 4

Ingredients:

Stryker Farm Irish Bangers
About 2 LBS Yukon Gold potatoes
½ cup whole milk
4 TBSP butter
1 large sweet onion
2 TBSP flour
2 cups beef broth
a sprig of fresh sage
1 TBSP dried thyme
salt and pepper
chopped parsley (optional)

Bangers and mash is very traditional Irish fare. Stryker's spices give these bangers an authentic flavor, and this recipe will do them justice served along with the onion gravy. It's not quick and easy, but rather a slow Sunday dinner sort of meal. Excellent comfort food.

Instructions:

1. Begin by slicing a large onion thinly. Add to a heavy bottomed pan or dutch oven with a knob of butter.
2. On low heat, patiently brown the onions to coax out their natural sweetness.
3. Start boiling salted water for the peeled potatoes. Allow the potatoes to boil while the onions caramelize.
4. As the onions caramelize add more butter if necessary. They shouldn't be allowed to burn! Burnt onions give off an unpleasant bitter taste. Stir them every so often really scraping up the bottom of the pan.
5. Keep an eye on the potatoes. The potatoes are ready when you can pierce them with a knife and it easily slides off the end. If there's any resistance, they need more time. Many times I've rushed boiling my potatoes, and the end result is bit sad and lumpy.
6. When the onions look golden and delicious, and you're ready to just throw them on a hot dog and be done with it, add the bangers to the middle of the pan. Push the onions to the pan perimeter and turn up the heat for a bit to brown two sides of the bangers.
7. Heat up the beef broth in a small pan, and whisk in the flour. Adding the flour now reduces lumpiness in the gravy.
8. When two sides of the bangers are browned, return the flame to low heat. Add the beef broth that you've thoroughly whisked with flour. Also add the sprig of sage and thyme.
9. Cover the pan with a tightly fitting lid and allow them to simmer for about a half hour.

10. During this time the potatoes should be sufficiently boiled. Drain them into a colander and return them into the same pot, so it's already warm.
11. To make the mash, simply add the milk and butter and mash with a potato masher. Never attempt to use an immersion blender on mashed potatoes. I've tried this before, thinking they'll turn out extra smooth. Evidently, that level of mashing breaks down too much starch in the spuds and makes them gummy, not ideal. So, a plain masher and some elbow grease will give you the best results! Season them to taste with salt and pepper.
12. Peek under the lid of the bangers and gravy. They should be simmering. The gravy should be moderately thick. Too thick will taste bland and floury. The bangers should be firm to the touch when fully cooked.
13. When everything comes together, plate a healthy spoonful of mash first and top with the bangers and gravy. Sprinkle with chopped parsley if you're so inclined.

Pour yourself a hearty stout and tuck in!