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EPISODE 26 - CURRIED SAUSAGES

Ingredients for 6 serves:

1 onion sliced into wedges
1 carrot sliced into diagonal strips
1 red capsicum sliced into strips
One small zucchini sliced into diagonal strips
250 g mushrooms quartered
300 g broccoli roses
One small Chinese cabbage sliced into strips
800 g sausages cut into bite sized pieces

Two large cloves of garlic crushed
2 tsp dried thyme
4 tbsp of curry powder
1 tsp of cumin
1 tsp of ginger powder
6 tbsp of corn flour
500 ml milk
2 tbsp sesame oil
3 tbsp light soy sauce
100 ml Sherry
Salt & pepper
700 ml water
2 tsp chicken soup powder

Method:

Heat some olive oil in a large saucepan
Add the onion and sauté lightly
Do the same with the carrots, capsicum and garlic
Add the sausages and fry shortly
Add the zucchini, mushrooms and broccoli and stir through
Add the thyme, curry powder, cumin and ginger powder and stir through
Add the chicken soup powder and stir through
Add the sherry, water and milk and stir through
Salt and pepper to taste
Add the soy sauce, sesame oil and cabbage and stir through
Combine the corn flour with some cold water and add to the saucepan and stir through
Bring to the boil
If necessary, add more corn flour with cold water to achieve the desired thickness