

BRITISH DISH

BANGERS AND MASH

Bangers were created by homesick Roman soldiers in the UK trying to recreate Italian dried sausage, and ended up making the first British banger. Bangers got their name from bursting or “banging” open during high frying temperatures.

In the UK, bangers may be also served with breakfast, two bangers placed over mashed potatoes or they can be sandwiched with grilled onions. Bangers and mash are also served along side peas or brussel sprouts, the ultimate “pub grub”.

Bangers were served as a delicacy at James II’s coronation. Kate Winslet served bangers and mash at her wedding, and Zara Phillips (daughter of Princess Ann) list bangers and mash as her favourite meal.

According to MINTEL (a worldwide leader of competitive media, products and consumer intelligence for thirty years) considers the British banger back in vogue. This year 189,000 tons of the meaty morsels will be eaten, a hearty 17% increase since 2000. The sausages are made from a variation of traditional recipes like pork and apple, pork and leek, tomato or beef. But also, the simple sausage is turning into a “posh nosh” with a rise in ethnic cuisine such as red Thai, lemongrass, or duck and orange bangers. It is unlikely that this old favourite will ever lose its true Britishness!

TRIVIA:

“Bangers and Mash” was a TV series in 1991 about two mischievous chimps on the BBC.

“Bangers and Mash” was a song title by a British alternative band Radiohead.

“Bangerz and Mash” is the names of two characters in the PlayStation 2 video game Dragon Quest VIII.

BANGERS WITH GREEN MASH AND ONION GRAVY

By Merrilees Parker

From Housecall – www.bbc.co.uk/food

Preparation time: less than 30 minutes

Cooking time: 30 minutes to 1 hour

Ingredients:

2 lb potatoes, peeled and cubed

1 tbsp. sunflower oil

1 large onion, finely chopped

1 tsp. Dijon mustard

½ pint chicken stock

1 tsp gravy browning (optional)

8 Viking or Lincolnshire sausages

1 ½ oz unsalted butter

2 fl oz double cream or milk

1 tbsp each, fresh parsley and chives

3 spring onions, finely chopped

1 tbsp olive oil



Method: Cook the potatoes in boiling salted water for 10-12 minutes or until soft. Heat the sunflower oil in a heavy-based saucepan. Add the onion and cook until soft, but not coloured. Stir in mustard then pour in the stock. Bring the mixture to the boil, then add the gravy browning. Reduce for 10 minutes or until the liquid is reduced by half. Heat up a frying pan, add a little sunflower oil and fry the sausages for 6-8 minutes or until cooked through. Drain the potatoes and mash with the butter and the cream. Blend the blanched herbs with the olive oil to form a paste and then stir into the mashed potato. Pile the mash onto four warm serving plates. Place two sausages in the centre of each mound of mash and finally drizzle over the gravy. Serve immediately.