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Nigel Slater's sausage stuffed potatoes

The key to this simple and satisfying meal is choosing a well-seasoned sausage

Nigel Slater

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The recipe

Set the oven at 200C/gas mark 6.

Wash and shake dry 2 large baking potatoes, then roll them lightly in sea salt. Pierce the skin of the potatoes here and there with a metal skewer or fork then bake for about 1 hour. The exact time will be very much dependant on the size, weight and variety of your potatoes.

Remove 250g of sausage meat from its skin. Warm 3 tbsp of olive oil in a shallow pan then add the butter, let it melt then add the sausage meat. Spread the meat out with the back of a large spoon to cover most of the pan. Cook over a moderate heat until lightly crisp on the underside then turn the sausage meat over and cook until lightly crisp on the other side. Break up the sausage meat into small pieces with a spoon.

Take the cooked potatoes from the oven, slice in half and remove the flesh with a small spoon into a mixing bowl, leaving the skins as intact as possible. Roughly mash the potatoes with a vegetable masher or fork and season with salt, pepper and 1 tsp of hot paprika. Add the potato mixture to the sausage meat and mix well. Chop the leaves from 6 sprigs of parsley, roughly

chop 2 spring onions then add to the pan and fry for 5 minutes or so until the potato has crisped here and there. Stuff the filling into the reserved skins and serve. Serves 2.

The trick

Choose a well-seasoned sausage meat. Rather than buying plain sausage meat, I prefer to pick up my favourite breakfast variety from the butcher and simply squeeze the meat from the skins. It's a simple enough job that takes seconds of your time, but is better than using basic sausage meat.

The twist

You can use sweet potatoes here, but their flesh is softer and the skin is thinner so it takes a little care to extract the golden centre without tearing the skin. Rather than stuff the sausage and potatoes back into the skins I sometimes pile it all in a pan with a little oil or melted butter and fry until everything is sizzling merrily.

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