

# Baked Sausages

## Notes

This is a great easy to cook meal cooked in a roasting tin, shallow casserole or ovenproof frying pan ideally about 12 inches / 30 cm across. Serves 4.  
Serve with baked or mashed potato.



## Ingredients

- 8 or 12 good quality sausages depending on how hungry you are allowing for either 2 or 3 sausages per person
- 2 eating apples cut into quarters
- 2 medium onions cut into quarters
- 3.5 tbs maple syrup
- 1.5 tbsp Dijon mustard
- 1 tbsp Extra virgin olive oil
- 2 garlic cloves crushed
- 1 chicken stock cube dissolve in 150 ml of water

## Method

Pre heat the oven to 190 degrees centigrade or Gas mark 6  
Put sausages, apples, onions in the pan, laying them flat so they fill the bottom.  
In a small bowl mix together the maple syrup (or honey), mustard, garlic and olives. Pour over food in your pan and season with salt and pepper.  
Bake at 190°C for approx. 40-50 minutes turning the sausages after about 20 mins so both sides are dark and glossy  
Remove the pan from the oven and put on the hob on a medium heat.  
Pour over the stock and stir to mix stock with juices in the pan.  
Bring almost to the boil and then serve.