

Glamorgan Sausages

You'll need:

2 large/3 small leeks, washed well and
shredded-
50g butter
400g soft breadcrumbs
TIP: If you don't have a food processor, just
grate the bread with the large, holed part
of a cheese grater
4 large eggs separated.
2 tsps. thyme
400g grated cheese
1-2 tsps. Mustard
2-3 tbsps. oil for frying
50g plain flour

1. Melt the butter in a frying pan over a medium heat until foaming, then fry the leeks with a pinch of salt for 5-10 mins until soft. Leave to cool slightly.
2. Put half the breadcrumbs, thyme, egg yolks, cheese, mustard and a generous grinding of pepper in a bowl and mix to combine. Stir in the fried leeks, and any butter left in the pan. Season with salt and mix well using your hands.
3. Mould the mixture into about 10-12 sausages Transfer to a baking tray lined with baking parchment and chill for 30 mins in the fridge.
4. While the sausages are firming up, whisk the egg whites in a shallow bowl with a pinch of salt until lightly foamy. Put the flour and some of the remaining breadcrumbs onto separate plates.
5. Dust the chilled and firm sausages in the flour, then dunk in the egg white, and roll in the breadcrumbs. Top up the plate of breadcrumbs as required. Chill for at least 1 hr before frying.
6. Heat the oven to 180C/160C fan/gas 4. Heat the oil in a non-stick frying pan over a medium high heat. Fry the sausages in batches, turning them gently every minute, for 4-6 mins, until golden and crisp all over. Add a little more oil between batches if you need to.
7. Transfer to a baking tray, and bake for 10 mins.