

# BANGERS & MASH

with some onion gravy and beer



## INGREDIENTS

4 bangers  
2 tablespoons olive oil  
2 bottles guinness (1 for sauce, 1 for drinking)  
1 pound potatoes (between 3 - 4 large potatoes. We like using a combo of russet and yukon gold. Peel 'em and cube 'em.)  
6 tablespoons butter  
1 cup milk  
kosher salt and pepper  
3 red onions, julienned  
1 cup beef broth  
3 tablespoons honey  
2 tablespoons balsamic vinegar



*Once upon a time in the British Isles they created Bangers & Mash. The Irish then added some stout, made an onion gravy, and today, it's an extremely popular dish to enjoy for St. Patrick's Day. We love using Guinness in this recipe - it kicks the savory flavor up a notch and ties the whole thing together.*

## DIRECTIONS

Boil water and 2-3 tablespoons of salt in a large pot. Add the potatoes and cook for 15 - 20 minutes. You'll know they are done when you can stick a fork in one and encounter zero resistance. Drain the potatoes and return them to the pot. Melt 3 tablespoons butter and 2/3rds milk together in a saucepan (or you can use the microwave, whatever).

Using a ricer or fork or whatever tool you deem worthy, mash the potatoes until they are smooth. Mix half the hot butter and milk mixture lightly, until it's blended in with the potatoes. Add more of the mix if you want it more buttery and creamy - we would. Add salt and pepper.

Melt the remaining butter in a large skillet over medium-high heat. Add julienned onions and cook, stirring often, until they are brown. This should take about 15 minutes.

While the onions are caramelizing, pour the beer into a saucepot and bring to a boil. Reduce heat to medium-high and cook until the mixture reduces by half. Add honey and stir. Remove from heat.

Back to the onions - pour balsamic vinegar into the pan, stir and cook for 3 minutes. Pour the beef broth over the onions and stir for another 3 minutes. Add beer and honey mixture into the pan. Cook over medium-high heat until the mixture thickens and turns into a sauce Season with salt and pepper, and turn your attention to the bangers.

Heat olive oil in a large skillet over medium-high heat. Add the bangers for a quick sear, and quickly reduce heat to medium-low. Add 1/2 cup guinness and cover with a lid, leaving the smallest of cracks so steam can escape. Cook covered for 10 minutes. Check the temperature and if it reads 160 - you're golden.

Use the mashed potatoes as a base on the plate, place your sausages on top, garnish with your onions and enjoy.

# MARCH

# OX BOX



## WHAT'S IN THE BOX

**SHAWARMA WHOLE CHICKEN**

**GREEN CHORIZO**

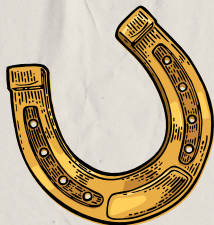
**MOJO PORK LOIN**

**BUTCHER'S GROUND BEEF**

**KOREAN CHICKEN THIGHS**

**T-BONE**

**BANGERS**



## A NOTE FROM CHEF

I freaking love shawarma. The spices: a mix of cumin, cardamon, cinnamon, turmeric, and paprika are a vibrant, hearty mix of flavors - seriously, I fall a little harder for shawarma every time I have it - the crispy edges, the thin slices, the drizzles of sauce - it's glorious. So for this month the whole chicken is the first piece of meat I'm cooking - smoking, actually. The smoke intensifies the spice mix, adding more depth, more complexity.

Serve it with some basmati rice and some sliced cucumbers lightly dressed in olive oil, some fresh dill, lemon, and salt. It's great.

WISE CHOICE



*B. Wise*