

INGREDIENTS:

- 8 traditional pork sausages
- 1 level tablespoon smoked paprika
- 1 teaspoon salt
- 2 medium onions and a large garlic clove finely chopped
- 2 red peppers, cut into thin strips
- 2 tablespoons olive oil
- 1 torn bay leaf
- 3 or 4 sprigs of thyme
- 1 teaspoon dried oregano
- 1 glass of red wine
- 2 tins chopped tomatoes

TIME: 40 mins

SERVING: 4 people



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Mix together the paprika and salt and spread on a plate. Using a very sharp knife cut each sausage into four chunks and dip the cut sides in the paprika mix. Heat the oil in a large frying pan, add the sausages, searing the cut ends first then gently browning all over. Remove and reserve. Add a little more oil if necessary then add the onions, garlic and peppers and cook briskly for five minutes until well softened, add the red wine and allow to reduce then add the tomatoes and herbs. Mix well then return the sausage chunks to the pan, cover, and simmer gently for 20 minutes, removing the lid for the last five minutes. Check the seasoning and serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: