

Sausage Casserole with Sweetcorn Dumplings



Did you know ...

Jacket potatoes and potatoes boiled in their skins will generally have higher vitamin C levels.

www.potatoesforcaterers.co.uk

Serves 12

540g lean pork sausages
 170g onion finely chopped
 170g red pepper diced
 907g tomatoes chopped
 400g red kidney beans
 800g haricot beans
 1 litre pack passata or
 2 x 800g tin chopped tomatoes
 ½tsp chilli powder (optional)

Dumplings

454g self raising flour
 113g sunflower margarine
 1tbsp snipped chives
 284g sweetcorn
 240ml cold water

Serve with mashed potatoes and a seasonal vegetable.



Method

Preheat the oven to 180°C / 350°F / gas mark 4.
 Brown the sausages in a preheated oven. Remove and drain.
 Add the onion and pepper to the pan and cook until soft.
 Add the fresh tomatoes and cook for a few minutes.
 Add the beans, passata or canned tomatoes and chives.
 Add the sausages, cover and cook in a preheated oven for 40 minutes.

While the casserole is cooking, make the dumplings:

Sieve the flour and rub in the margarine.
 Add the remaining ingredients and mix to a smooth dough.
 Shape the dough into small size dumplings (2 per portion) and place on top of the casserole 15 minutes before the end of cooking time.

Nutritional Values

Per portion based on recipe making 12 portions, 408g

Energy	1721kJ / 409kcal
Carbohydrate	52.6g
Fat	13.4g
Saturates	3.4g
Protein	19.6g
Fibre	9.1g
Sodium	0.668g
Vitamin A	262 micrograms
Vitamin E	5.21mg
Vitamin C	42mg
Folate	43 micrograms
Calcium	235mg
Phosphorus	330mg
Iron	4.51mg
Magnesium	67mg



Sausages ... Healthier and tastier than ever

Sausages are one of the nations traditional favourite foods and enjoyed by all the family. They have not only stood the test of time but have moved with the times. This is reflected in the wide variety and choice now available in our shops and from our butchers.

In the past, sausages were not always seen as the healthiest of foods and some low fat and low salt varieties have emerged onto the market. By law, sausages carrying a low fat, low sodium label must contain less than 3grams of fat per 100grams and less than 0.12grams of sodium (salt being sodium chloride).

However, we know that consumers typically assume that these so called 'healthier' varieties would compromise on taste and, in some instances, this has been the case. But as sausages are not consumed every day, consumers tell us that they rarely see the need to compromise on taste. Fortunately, over the past ten years and more, a significant amount of work has taken place to reduce both the fat and salt content of all varieties of sausages, without compromising on taste.

This ongoing process of reformulation has been challenging for product developers, as it is the fat and salt that give sausages their characteristic succulence. They also make an important contribution to ensuring that all the ingredients remain bound together during cooking. In addition, salt plays an important part in food safety and determining the shelf life of sausages.

Industry wide targets for salt reduction have been achieved and now most varieties contain less than 0.5grams of sodium per 100grams. That is equivalent to less than 1.27grams of salt equivalent per 100grams of sausages (roughly

two sausages). It has been estimated that since 1996 there has been a 30% reduction in the salt content of sausages. This has been achieved without undermining consumer confidence and acceptance of this tasty food.

Consumers are also sensitive to the amount of fat in their sausages. We know that too much residual fat remaining after cooking is unacceptable and thought to be indicative of poor quality ingredients. In addition, many consumers now prefer to grill or oven-bake their sausages without the need to add fat. This helps to further reduce the fat content of the sausage as consumed. Some will also choose to blot their sausages on kitchen towel as a means of soaking up any remaining fat. Used in stews and casseroles, any excess fat can be removed by skimming before serving.

All of which helps ensure that sausages continue to be one of the nations favourite foods, which can be consumed by young and old alike. They are versatile and can be consumed for breakfast, lunch or dinner or as a snack. Ongoing industry-wide reformulation and developments of the varieties and range of sausages available to us, means that now more than ever sausages can be consumed as part of a healthy balanced diet.

Maureen Strong
Nutrition Manager
BPEX



The Food Dudes Healthy Eating Programme

The Food Dudes Healthy Eating programme changes children's eating habits for life. With growing concerns around childhood obesity caused by unhealthy diet and lifestyle, the Food Dudes programme works by motivating young children to include fruit and vegetables in their daily diet. By tasting different fruits and vegetables repeatedly, children discover that these can be enjoyable. Designed by psychologists at Bangor University, the programme has generated great interest of late, due to the Government funded rollout in Northern Ireland, and the success of the regional rollout to every primary school in Wolverhampton. The DoH is also currently funding pilot studies in Bedfordshire and Yorkshire.

Initially, children are given fruit and vegetables to eat at snacktime, whilst watching DVD adventures featuring the Food Dudes, a group of positive role-model children. The Food Dudes eat fruit and vegetables every day, which gives them super-powered energy to help them vanquish the Junk Punks, who are trying to deprive the world of healthy food. During this phase (which lasts sixteen days), prizes are given each day to children who successfully eat fruit and vegetables. The focus later switches to lunchtime, where children continue to be rewarded for eating fruit and vegetables as part of their school meal or packed lunch. Phase 3 requires school staff to maintain motivation by encouraging the children to continue eating fruit and vegetables in the school dining hall and at snacktime.

Sponsors include: School Food Trust, NHS, Worshipful Company of Fruiterers and HDC, a division of The Agriculture and Horticulture Development Board.

For more information, contact the National Food Dudes Project Coordinator, Pauline Milne on 01248 388534 or email p.a.milne@bangor.ac.uk or visit www.fooddudes.co.uk.

Children enjoying a Food Dudes film as part of their classroom work.



British Sausage Week

Annually in the autumn term, BPEX runs British Sausage Week. The actual dates for the week tend to be during the autumn half term holiday, however, our schools' events are kept 'fluid' thus allowing school meals managers to hold the week whenever they wish during November.

BPEX provide balloons and posters for the week, as well as competitions based on the National Curriculum for Key Stage 1 and Key Stage 2 pupils.

British Sausage Week provides you with a tailor-made themed promotion and a great way to showcase your meals via local media (we are happy to promote schools taking part in the week with the local press).

Children love sausages and for the overall winners the chance to meet Mr Sausage at their school is something that few will ever forget.

In addition, British Sausage Week links up with the charity Cystic Fibrosis Trust, to raise awareness of this debilitating illness that regrettably many young children suffer from. It has been identified that CF sufferers can benefit from a diet that includes sausages, hence the link.

To register for British Sausage Week, just email your details to foodservice@bpex.org.uk.



'That was great miss'



...ent More
(egg)



For further information on more great recipe ideas
call us on 0247 669 2051

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BPEX is a division of the Agriculture and Horticulture Development Board

