

Venison sausages with Homemade Baked Beans (serves 4)

Buy the venison sausages from your local supplier!

Making your own baked beans is simple and satisfying and surprisingly quick and easy. So much more nutritious and wholesome than the tinned version. You can vary the spiciness depending on your tastebuds - use more chilli flakes and paprika if you like a bit of a kick! Using tinned rather than dry haricot beans makes it even easier. Perfect served with grilled venison sausages and toasted sourdough bread, for a simple yet super tasty brunch, lunch or mid-week dinner.



Ingredients

- 1 tbsp vegetable oil
- 1 small onion, very finely chopped
- 1 small carrot, very finely chopped
- 1 garlic clove, crushed
- 1 pinch to 1/4 tsp chilli flakes
- 1 tsp ground paprika
- 1 tin good quality chopped tomatoes
- 1/2 tbsp tomato puree
- 100ml water
- 2 tbsp light soft brown sugar
- 1 tbsp red wine vinegar
- 1.5 tbsp tomato ketchup
- 1 tbsp cornflour made into a paste with 1 tbsp cold water
- Salt and pepper to taste

Method

1. Heat a medium pan and add 1 tbsp vegetable oil.
2. Gently fry the onion, for a minute or two. Add the finely chopped carrot, crushed garlic and chilli flakes to the pan with a little salt and pepper and cook on a low heat for around 10 minutes until softened.
3. Add ground paprika and tomato puree and cook for a minute or so.

4. Tip the chopped tomatoes into the pan, then add around 100ml of water to the tin and slosh it around to pick up any tomato sauce, then add the vinegar and brown sugar. Bring to the boil then simmer gently for 15 minutes until the sauce has thickened.
5. Add the cornflour paste to the pan and allow to glaze and thicken now add the drained haricot beans to the pan with the tomato ketchup. Cook for a few minutes until the beans have heated through. Taste for seasoning, add more salt & pepper if required.
6. Serve with grilled venison sausages and toasted sourdough bread with lashings of butter.