

Veggie sausage a reason to stay at Haven Cottage

By Kathryn Reed

AMBLESIDE, England – I have long said I don't like sausage. Didn't even like it when I ate meat. And I'm not one of those vegetarians who likes the flavor of fake meat products found in the frozen food section (except for burgers).

Then I went to Haven Cottage and my sausage world was turned upside down.



Tim Hall caters to meat and non-meat eaters at Haven Cottage in England's Lake District. Photo/Kathryn Reed

Tim Hall said he wanted to offer his vegetarian guests something to complement the meat version others were served.

Sue took a bite of mine and thought it was so good that she ordered the veggie version the next morning.

Besides the rich flavor, what makes this sausage so wonderful is Hall uses the freshest ingredients that are available locally.

His entire breakfast is yummy – but the veggie sausage is a

must-have.

While I haven't made the recipe, I can tell you the end result is scrumptious. I'm waiting for Hall to market these so I can shop in the frozen food section.

(All the notes in the recipe are from Tim Hall.)

Haven Cottage Veggie Sausage

This makes 16 to 18, but they freeze really well and I defrost them overnight in the fridge.

300 grams of white bread. Make into breadcrumbs in a chopper or whatever they are called. Tip into large mixing bowl.

2 good size leeks. Cut into 10mm bits and then put in blender – see above.

2 shallots – in with leeks

75 grams walnuts – in with leeks

I prefer not to smash them too much as it allows the different flavors to remain separate. Mix all together in a large mixing bowl with fairly large wooden spoon.

250 grams local cheese of your choice and grate into mix

2 tsp chopped parsley

2 tsp chopped sage

2 tsp mustard powder

2 tsp lemon juice

Mix all in.

4 eggs, whisked

Mix all in.

120 grams goat cheese, not crumbly and not too soft as you want it in small square chunks.

Mix in.

Add a bit of salt and black pepper to your taste.

Using the spoon, scoop up enough to make a sausage in your other hand and roll and squeeze until you have the acquired shape.

I then place all on a tray and put in fridge for a couple hours to allow the flavors to develop. Then you either freeze them on the tray and then when frozen bag them for future use or cook them.

When ready to cook, just roll them in white flour to just give them a coating – shake off excess and then lightly fry in hot shallow oil-butter until gold brown (about 20 minutes) over a medium to low heat.

All the measurements are not rigid and I do vary them slightly each time, but then you might prefer to experiment. Shallots are a recent addition to the recipe and I think add a tiny bit of sweetness.