

'STRETCHED' SAUSAGES

3 fairly large onions	6 sausages (not pre-cooked ones)
3 Granny Smith Apples	2 tbsps brown sugar
2 tbsps wine vinegar	Salt
About 3 tbsps sweet chilli sauce	Lots of chopped parsley

Peel onions and cut into wedges, put them on to cook in a large non-stick pan in the smallest amount of butter or oil to stop them sticking. Once the onions are cooked, cut the skin of each sausage end to end and hold each sausage under a slow-running cold tap to remove skin. With wet hands, break each sausage into 3-4 even pieces and roll into a small ball then cook in other frypan, turning to brown them evenly. Pour off any fat that accumulates as they cook. While sausages are cooking, quarter and remove the cores from apples, peel or unpeel according to your preference. Cut each quarter into 3 or 4 wedges and add to partly cooked onions. When the onions are evenly browned and apples slightly browned, add the brown sugar and vinegar, then a little salt until the flavour suits you. Stir the browned, cooked sausage balls into the apple and onion mixture. If you would like a more 'saucy' mixture, add about ½ cup of water or chicken stock then thicken the mixture with a little cornflour paste. Before serving the meal, stir in half of the sweet chilli sauce then drizzle the rest over the mixture for extra colour. Sprinkle generously with chopped parsley and serve with potato or rice and vegetables.