

Bangers and mash

Cuisine: **English**
Food category: **Pork**



Author: **Jaroslav Mikoška**

Company: **Retigo**



Program steps

Preheating:

95 °C

1	 Steaming		 Termination by time	 00:20 hh:mm	 80 °C	 80 %	
2	 Golden touch				 180 °C	 100 %	
3	take out the sausages and insert the GN container with potatoes						
	 Hot air	 100 %	 Termination by core probe temperature	 65 °C	 260 °C	 100 %	
4	insert other GN container with potato skin and milk in						
	 Steaming		 Termination by time	 00:20 hh:mm	 65 °C	 80 %	
5	read the recipe instruction						
	 Hot air	 100 %	 Termination by core probe temperature	 100 °C	 160 °C	 100 %	
6	 Steaming		 Termination by time	 00:10 hh:mm	 100 °C	 80 %	

Ingredients - number of portions - 8		
Name	Value	Unit
cumberland sausages	16	pcs
potatoes (maris piper or king edward)	2	kg
butter soft	400	g
milk 3.5%	100	ml
salt	3	g
freshly ground black pepper, ground	1	g
onion	4	pcs
star anise	1	pcs
beef stock	3	l
dry red wine	100	ml

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Directions

1. Set the oven on dry heat at 260°C.

2. Submerge the potatoes in water and insert the core probe in the water, set to 65°C.

3. Meanwhile submerge enough potato skin in milk in an ovenproof dish.

4. When the water reaches the desired temperature, set the oven on steam at 65°C.

5. Leave the potatoes in there, but also putting the milk and potato skin in the oven.

6. Cook for 20 minutes.

7. Drain the potatoes.

8. Drain the skin, reserving the milk and throwing away the skin.

9. Leave the potatoes outside on a perforated dish for 15–20 minutes so they can let out steam.

10. Set the oven back on dry heat at 260°C.

11. Submerge the potatoes in water again and insert the core probe just as before, this time setting its temperature

Nutritional value of one portion	Value
Energy	891.9 kJ
Carbohydrate	115.3 g
Fat	42.8 g
Protein	12.9 g
Water	0 g

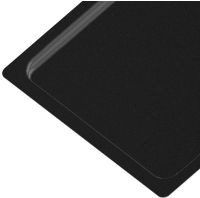
- to 100°C.
- Once the water reaches its desired temperature, set the oven on steam at 100°C and cook until tender.
 - Drain and mash using a ricer, while the spuds are still steaming hot.
 - Melt in the butter and stir with a maryse.
 - Add enough potato milk to correct the texture.
 - Season and serve

Preparation for the gravy:

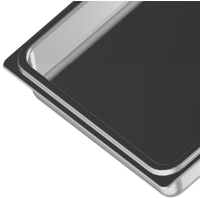
- In a large saucepan, soften the onions over medium heat with the star anise, leaving the spice whole.
- Keep going for a good 10–15 minutes and deglaze with red wine, cranking up the heat to let the alcohol evaporate.
- Add the stock and lower the heat as soon as it starts showing signs of boiling.
- Reduce for a few hours, stirring from time to time, until the consistency reaches a beautiful, glazed, gravy-like texture.

Serve by spooning a generous portion of mash onto a plate, placing two sausages over the potatoes and ladling some onion gravy on top to finish.

Recommended accessories



Vision Bake



GN container Stainless steel full