

Bangers N Mash

DEVELOPED BY: Sous Chef Joshua Goodson at WSU

Ingredients	Quantity	Measure
Yukon gold potatoes	6	Each
Yellow onion, divided	2 ½	Each
Tofurky Italian Sausage	2	Each
Salt		To taste
Pepper		To taste
Granulated garlic		To taste
Vegetable stock	3	Tablespoons
Corn starch slurry	½	Cup
Vegan butter (i.e. Smart Balance), divided	1	Cup
Olive oil	2	Tablespoons

Preparation

1. Boil potatoes until soft enough for mashing. Reserve cooking water.
2. Julienne 2 onions and caramelize with oil, finish with ¼ cup vegan butter.
3. Sauté the remaining ½ onion in a small pot for gravy until translucent. Start adding water from cooking potatoes (I used an 8oz ladle twice), reduce down and add vegetable stock. Use cornstarch slurry to thicken.
4. Once potato is tender, start grilling the Italian Sausages. Then, start the process of making mash with the remaining ¾ cup of butter while gravy is thickening and sausage is grilling.
5. Plate and serve.

