



WÄINZOOSSIS WITH BROAD BEAN MASH AND KALE CRISPS

Hands-on: 40 mins – Serves 2

For the kale crisps:

150g kale

2 tbsp olive oil

½ tsp fennel seeds

For the broad bean mash:

1 onion

15g butter

1 tbsp sunflower oil

1 garlic clove

220g jar broad beans (drained weight)

240g jar white beans (drained weight)

20g butter

4 Wäinzoossiss sausages

75ml white wine

100ml cream

2 tsp mustard

salt and pepper

Preheat the oven to 180°C fan. Wash the kale and pat dry. Tear the kale off its stalks into crisp-sized pieces. Put onto a baking tray and drizzle with the olive oil. Sprinkle with the fennel seeds and some salt and pepper, toss so the kale is evenly coated. Set aside.

For the mash: Peel and finely chop the onion. Melt the butter with the sunflower oil in a saucepan and fry the onion with a pinch of salt for 4 minutes until soft. Meanwhile, peel and crush the garlic clove. Drain the beans and rinse under a running tap.

Add the garlic to the onions and fry for another minute, then add the beans and 150ml water and cook for 4 minutes. While the beans are cooking, bake the kale in the preheated oven for 5-8 minutes until crispy. Take out and set aside.

While the kale is in the oven, prepare the sausages: melt the butter in a frying pan and fry the sausages for approximately 7 minutes, turning them halfway through.

Meanwhile, finish the mash: put the beans and cooking liquid into a blender and whizz into a mash. Adjust the seasoning with salt and pepper. Set aside.

After 7 minutes, add the wine to the sausages and cook for 2 minutes, then add the cream and the mustard, stirring and bringing the liquid to a boil. Cook for another 2 minutes.

Put a generous spoonful of bean mash onto two plates, top each with two sausages, mustard sauce and sprinkle with kale crisps.