



McQuade's Own

Irish Bangers with Mashed Potatoes



YIELD: Serves 4-6

INGREDIENTS

- 2 pounds McQuade's Own Irish Bangers
- 3 pounds Yukon Gold potatoes, peeled and cut into large chunks
- 1 cup whole milk, warmed
- 6 tablespoons unsalted butter
- Salt to taste
- Fresh cracked black pepper to taste

For the Onion Gravy

- 2 large yellow onions, thinly sliced
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 2 cups beef stock, warm
- 1 teaspoon Worcestershire sauce
- Salt and black pepper to taste

DIRECTIONS

1. Place the potatoes in a large pot and cover with cold salted water. Bring to a boil and cook until fork tender, about 15 to 20 minutes.
2. While the potatoes cook, heat a large sauté pan over medium heat and brown the Irish bangers on all sides. Reduce heat slightly and continue cooking until fully cooked through, about 12 to 15 minutes. Remove and keep warm.
3. In the same pan, melt the butter for the gravy and add the sliced onions. Cook slowly over medium low heat, stirring occasionally, until deeply golden and caramelized, about 20 minutes.
4. Sprinkle the flour over the onions and stir continuously for one to two minutes to cook out the raw flour taste.
5. Gradually whisk in the warm beef stock until smooth. Add Worcestershire sauce and bring to a gentle simmer until thickened. Season with salt and black pepper to taste. Drain the potatoes well and return them to the hot pot. Allow excess moisture to steam off for one minute.
6. Mash the potatoes until smooth, then fold in the warm milk and butter. Season with salt and fresh cracked pepper to taste.
7. Serve the Irish bangers over a generous portion of mashed potatoes and spoon the rich onion gravy over the top.

