

GF Friendly

Barbecue Mash and Apple Sauce

Potatoes mashed with boiled egg plus stewed apple sauce

This has been a favourite of ours for years, in particular the BBQ mash. Needless to say, it can be used as an accompaniment for any meat or vegetables, so too the apple sauce which is great cold with salad. The original recipe called for the egg to be boiled in the same pan as the potato; but health-wise that's not a good idea; so **please don't**.

BBQ Mash:

2 medium potatoes
 1 boiled egg
 2-3 gherkins
 1 tsp mayonnaise
 1 Tbsp milk (optional)
 ¼ tsp salt (optional)
 ¼ tsp chopped chilli (optional)



Apple Sauce:

1 large Granny Smith apple
 Water

Peel and core the apple, slice and chop small; then put in a pan, cover with water and bring to the boil. Turn down to simmer for 15-20 minutes while preparing the mash. Once softened, drain and mash with the back of a fork. That's it - easy!

Peel and dice the potatoes and boil until soft. At the same time hard boil the egg. Remove the shell of the egg, cut in quarters; then mash thoroughly with the **drained** potato. Cut the gherkins in quarters lengthways, then slice across thinly. Add these to the mash with the chilli and salt if using and fold in well. Mix in the mayonnaise, and if the mash is too stiff for your liking stir in a little milk. Consign to the oven in a covered casserole to keep warm. Same with the apple sauce, unless you want them both cold.

Serves 2 with meat and extra vegies

apple sauce is okay to freeze

Tip: both of these can be served hot or cold and can be prepared the day before, then refrigerated. The mash is not recommended for freezing – it goes grainy.

A Season of Happiness - helping you towards a better lifestyle



For a look at some informative articles on a variety of subjects just return to the web page