

GF Friendly

Crumbed Sausages

fried sausage meat mince coated in egg and breadcrumbs

Crumbed snags, as we call them in Australia, are a popular takeaway and are available from most fast-food shops and some auto service stations. They are, however, really easy to make at home and, of course, will be much cheaper. Good for a main course and as hot or cold snacks. They are best prepared an hour or two before cooking – this helps them to keep their shape.

- 400g sausage meat mince
- 1 egg, beaten
- 2 Tbsps seasoned plain flour
- 4 Tbsps breadcrumbs
- Light-tasting olive oil, or other, enough for 1.3cm (½ inch) in the base of the frypan or wok



Divide the sausage meat into four or six portions. Roll each out by hand to form regular long sausage shapes; or if you prefer you can make patties and even meat balls. Set aside while preparing the coating. Beat the egg well in a bowl big enough to fit the length of the sausages. Put the flour and breadcrumbs in separate dishes of a similar size. Roll each sausage in flour, then transfer to the egg to coat thoroughly. Now, roll in breadcrumbs and set aside. Once they have all had one coating, repeat the process a second time. Rest these in the fridge until ready to cook.

Put the oil in the pan over a medium heat and drop in a small cube of bread. Once this starts to sizzle, begin frying the sausages – they may have to be done in batches to prevent steaming. Frequently turn them in the hot oil until they are a golden brown colour. Consign to a warm oven while preparing vegetables, chips, or whatever.

Makes 4-6

Okay to freeze

Tip: ordinary sausages can be used instead of the mince, but the skin may not hold the coating and could be tough after cooking. Just pop them into boiling water until the skin starts to split; then drain and peel.

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