

GF Friendly

Sweet Sausage Slice

cornbread topped sausage mince with pumpkin and carrot

I thought I'd try this to see what happened and it turned out great. Even a small portion was very filling and would do as an entree. I think the sausage mince was pork, but I imagine any meat mince would do. When pumpkin isn't in season, there's no reason why sweet or ordinary potato couldn't be used instead.

Filling:

- 500g sausage mince
- 1 carrot, peeled and cubed (1 cm)
- 250g pumpkin cubed (1 cm)
- ½ onion, chopped fine
- ¼ green capsicum, chopped fine
- 1 Tbsp rice flour (or plain flour)
- 1 Tbsp rice crumbs (or breadcrumbs)
- 1 Tbsp tomato sauce (ketchup)
- 1 tsp chicken stock powder
- 2 eggs



Cornbread base and topping:

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| 1 cup plain flour | 1 cup Polenta (maize meal) | 1 level Tbsp baking powder |
| 1 egg | ¼ tsp chilli powder (optional) | 1 tsp chicken stock powder |
| ½ onion, chopped fine | 1 cup grated cheddar cheese | 1 cup skim milk |
| ¼ cup light olive oil | ½ tsp salt (optional) | |

Cook carrot and pumpkin until just soft; then drain, mash and cool. In a large bowl, mix this together with the rest of the **filling** ingredients except for the meat. Now add the mince and combine well with a fork, breaking up the lumps.

In a separate bowl, mix all dry ingredients of the **cornbread** and make a well in the centre. Pour in the oil, add the egg and a little milk. Stir this in, adding more milk until it holds together like a stiff cake mix.

Line a baking dish, minimum 23cm (9 inch), with baking paper. Spread half of the cornbread evenly over the bottom and press down lightly. Cook this for 15 minutes on 165°C fan-forced (175°C conventional). While this is cooling, stir the rest of the milk (more if necessary) into the remainder of the cornbread to make a batter. Now, spread the sausage mixture evenly over the base and top with the batter, spreading it to meet the sides of the paper. Bake on 160°C fan-forced (175°C conventional) for 35-45 minutes until the topping is golden brown.

Serves 6-8 with vegetables or salad.

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