



UCCOOK

Loaded Pork Banger Sub

with a beer-based cheese sauce

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Waterkloof | Circumstance Mourvèdre

Nutritional Info	Per 100g	Per Portion
Energy	678kJ	5008kJ
Energy	162kcal	1198kcal
Protein	8g	58.8g
Carbs	17g	124g
of which sugars	3.1g	22.8g
Fibre	1.5g	11.4g
Fat	6.6g	48.4g
of which saturated	2.9g	21.7g
Sodium	321mg	2373mg

Allergens: Cow's Milk, Soya, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds
1	1	Onion <i>peel & finely slice ½ [1]</i>
180g	360g	Pork Sausages
1	2	Sourdough Baguette/s
20g	40g	Salad Leaves <i>rinse</i>
40g	80g	Artichoke Quarters <i>drain & halve</i>
20g	40g	Radish <i>rinse & slice into thin rounds</i>
10ml	20ml	Lemon Juice
1 bottle	1 bottle	Beer
30ml	60ml	Cake Flour
125ml	250ml	Low Fat UHT Milk
40g	80g	Cheddar Cheese <i>grate</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Butter

1. A IS FOR ALMONDS Preheat the oven to 200°C. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. SILKY, SWEET ONION Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. SUPERB SAUSAGES Return the pan used for the onion to medium-high heat with a drizzle of oil. Fry the sausages until browned and cooked through, 10-15 minutes (shifting as it colours). Remove from the heat and rest in the pan for 5 minutes before slicing into rounds.

4. BAKE THE BAGUETTE Place the baguette/s directly onto a hot oven rack, and an oven-proof dish with water onto the oven floor. Bake until light brown and crispy, 10-12 minutes. Set aside to cool slightly before slicing in half lengthways.

5. RADISH SALAD In a salad bowl, toss together the leaves, the artichokes, the radish, the lemon juice, a drizzle of olive oil and season.

6. BEER-INFUSED BECHAMEL Place a clean pan over medium heat with 20g [40g] of butter. Once melted, pour in 80ml [160ml] of beer and cook until almost all evaporated. Vigorously whisk in the flour to form a roux. Cook out for 1-2 minutes (whisking constantly). Slowly whisk in the milk until slightly thickened (whisking constantly). Mix in the cheese until melted. If the bechamel is too thick for your liking, loosen with a splash of water. Remove from the heat and cover.

7. BANG-ON DINNER! Lay down one half of the toasted baguette and smear with some of the cheesy beer sauce. Top with the pork banger slices and the caramelised onions. Drizzle with more sauce and close with the other bun half. Serve the dressed salad alongside and garnish with the almonds.