



HARRINGTON'S
TASTY RECIPES

Harrington's Toulouse Sausage and Tomato Capponata Bake with Fresh Herbs and Jersey Bennes (Makes 4-6 Serves)

Here's an exciting recipe for a bake that makes the most of our wonderful fresh Toulouse Sausages. These super sausages are a perfect blend of pork - lean pork and pork belly - mixed with salt and pepper and other choice ingredients like nutmeg, cloves and dried ginger. This delicious bake brings out all kinds of exciting French flavours.

Ingredients

- 4-6 Harrington's Toulouse sausages
- 10-15 (depending on size) Jersey Benne Potatoes
- 1 recipe Tomato Capponata
- 1 Tbsp whole capers
- 3 Tbsp finely chopped flat leaf parsley

Directions

1. Place a large fry pan over a medium heat and heat pan until hot. Add Toulouse sausages and cook 4-5 minutes each side until dark golden brown and cooked through.
2. Cook Jersey Benne potatoes in salted water. Drain and keep warm.
3. Place Harrington's Toulouse sausages at random angles into a large serving bowl.
4. Scatter potatoes amongst the sausages.
5. Pour over Tomato Capponata, sprinkle with parsley and capers.
6. Place bowl into centre of table and let people serve themselves.

Tomato Capponata Ingredients

- 100ml olive oil
- 1 eggplant, cut into thick rounds
- 1 medium red onion, diced
- 2 large red capsicum, seeded and cut into 2cm pieces
- 100g cherry tomatoes, halved
- 3 large tomatoes, cut into 2cm diced
- 2 tbsp sultanas
- 6 green olives-pitted
- 6 black olives-pitted
- 1 tbsp capers-finely chopped
- 1/4 tsp salt
- 2 tbsp cider vinegar
- 1 tbsp brown sugar

Directions

Place half the oil in a large fry pan and set over a medium heat until hot.

1. Add eggplant and cook approximately 5 minutes each side or until softened. Remove from pan and set aside.
2. To the same pan add remaining oil, capsicum and onion and cook 4-5 minutes until softened.
3. Add tomatoes and stir until tomatoes are just beginning to breakdown.
4. Add sultanas, olives, capers and salt. Stir to combine and cook 5-6 minutes until thickened and hot.
5. Return eggplant to pan, add vinegar and sugar and stir to combine.
6. Serve warm or at room temperature.