

COOK WITH HONEY

STICKS AND DIPS: SAUSAGES WITH SALSA

by Ali Ray – Serves 2

These simple, child-friendly sausage kebabs will go down a treat with the whole family.

Ingredients – sausage skewers

- 2 Butcher's sausages
- 2 Woody sprigs of rosemary
(or wooden skewers, pre-soaked in water to avoid burning)
- 1 Red pepper, seeded and cut into 2cm squares
- 1 Courgette, sliced
- 2 tsp Runny local honey
- 1 tsp Wholegrain mustard

Ingredients – speedy salsa dip

- 4 Ripe tomatoes
- Salt and pepper
- 1/2 Garlic clove, finely chopped
- 1 Small bunch of fresh coriander, chopped
- A splash of vinegar (balsamic if you have it)
- 1 tsp Caster sugar

Method

- 1 Cut the uncooked sausages in half (across the middle, not lengthways) and thread one half on to the rosemary twig or skewer. Thread some pieces of red pepper and courgette on too, then add the other half of the sausage. Do this with both skewers and both sausages.
- 2 Mix the honey with the wholegrain mustard and brush/pour this over the kebab sticks.
- 3 Put the sticks on the hot grill or griddle to cook. It should take about 10-15 minutes, depending on the thickness of your sausages.
- 4 For the speedy salsa, cut the tomatoes in half. Take the seeds out and discard. Then cut the tomato flesh into very small pieces. Add some salt and pepper, the chopped garlic, fresh coriander, vinegar and sugar, mix together and it's done! Ali Ray calls this 'camping ketchup'.
- 5 Let the sticks and their contents cool a little, then lay each stick in a finger bun. Hold the bun firmly while you pull the stick out, leaving the sausages and peppers behind. Top with the 'camping ketchup' and serve.