



Onion Sturon – Sausages with onion gravy

SERVES 2-4 • PREP: 10 MINUTES • COOK: 45 MINUTES

INGREDIENTS

For the sausages

- 6–8 pork or beef sausages (or vegetarian sausages)
- 1 tablespoon oil

For the onion gravy

- 2 large onions, thinly sliced
- 2 tablespoons butter or oil
- 1 tablespoon plain flour
- 400 ml ($1\frac{3}{4}$ cups) beef or vegetable stock
- 1 teaspoon Worcestershire sauce (optional)
- 1 teaspoon soy sauce (optional, for depth)
- Salt and black pepper, to taste

Optional extras:

- $\frac{1}{2}$ teaspoon sugar or balsamic vinegar
- 1 teaspoon fresh thyme or rosemary
- 1 teaspoon wholegrain mustard

METHOD

1. Cook the sausages

Heat the oil in a large frying pan over medium heat. Add the sausages and cook, turning occasionally, for 12–15 minutes until browned all over and cooked through. Remove from the pan and set aside.

2. Caramelize the onions

In the same pan, add butter or oil. Add the sliced onions with a pinch of salt and cook over medium heat for 10–15 minutes, stirring often, until soft and golden.

3. Make the gravy base

Sprinkle the flour over the onions and stir well. Cook for 1–2 minutes to remove the raw flour taste.

4. Add liquid and flavour

Gradually pour in the stock, stirring constantly to avoid lumps. Add Worcestershire sauce, soy sauce, and any optional extras. Bring to a gentle simmer.

5. Simmer and thicken

Reduce heat to low and simmer for 5–10 minutes until the gravy thickens and becomes glossy. Season with salt and pepper to taste.

6. Combine and serve

Return the sausages to the pan and simmer for 2–3 minutes so they soak up the gravy.



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