

Sue's Sausage Casserole

8 sausages

2 red onions, finely sliced

150g mushrooms, sliced

1 can chopped tomatoes

3 cloves of garlic, chopped

1 heaped teaspoon of fennel seeds

250ml red wine



Fry the sausages until brown. Take them out of the pan and set them aside. Add the onions, garlic and fennel seeds to the pan and cook until caramelised. Add the mushrooms and cook for a few minutes. Return the sausages to the pan, pour over the red wine, and bring to the boil to reduce until there is hardly any liquid left. Add tomatoes and seasoning. Cover and simmer for 30 minutes. Serve with mashed potatoes.

Used with kind permission from the Braeport Memory Café at Dunblane Meeting Centre, taken from their recipe book 'Dementia Friendly Dunblane – Our favourite recipes'.

www.dementiafriendlydunblane.org

