SAUSAGE & CHEESY MASH

- 41g Sausages – BLACK FARMERS DAUGHTER - chipolatas
- 5g Butter
- 65g Celeriac – boiled in unsalted water
- 4g Cheddar cheese – CATHEDRAL CITY MATURE
- 19g Double cream – MORRISONS
- 3g Sunflower oil
- 15g Mascarpone – MORRISONS
- 5g Dark chocolate – SWISS MENIER 70%

You will also need a few drops of vanilla extract, ¼ of a KNORR stock cube or a little KNORR ‘Touch of Taste’.

Make an ice cream by beating together the cream and mascarpone with a few drops of vanilla extract.
Grate the chocolate, then weigh it and stir in to the cream mix.
Freeze for at least 3 hours – this can also be put into a lolly mould if preferred.
Make a little gravy using the KNORR ¼ stock cube or Touch of Taste mixed with water.
Fry the sausages in the oil, keep the pan to make the gravy in.
Mash the celeriac with the butter and either stir in the grated cheese or serve sprinkled on top.
Complete the gravy by heating in the frying pan, this ensures you get the entire residue.

Serve the mash and gravy with the sausage, keeping the chocolate ice cream for dessert.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION