

# Bangers And Mash Recipe Jamie Oliver



**Bangers and mash recipe Jamie Oliver** is a classic British dish that embodies comfort food at its finest. With its combination of juicy sausages, creamy mashed potatoes, and rich onion gravy, this meal is both hearty and satisfying. Jamie Oliver, a renowned chef known for his approachable cooking style, has popularized this dish by adding his unique twist while retaining its traditional essence. In this article, we will explore the origins of bangers and mash, the essential ingredients, and a step-by-step guide to preparing this delicious dish as inspired by Jamie Oliver.

# Origins of Bangers and Mash

Bangers and mash is a quintessential British dish that has been enjoyed for generations. The term "bangers" is believed to have originated during World War I, when sausages were made with a higher water content to stretch meat supplies. When cooked, these sausages often burst or "bang," leading to their colloquial name. "Mash" refers to the creamy mashed potatoes that accompany the sausages, creating a comforting and filling meal.

Historically, bangers and mash was considered working-class fare, but it has since become popular in pubs and restaurants throughout the UK. The dish is celebrated for its simplicity, affordability, and the ability to satisfy even the heartiest of appetites. Jamie Oliver's take on this classic recipe has further elevated its status, making it accessible to home cooks everywhere.

## Essential Ingredients

To recreate Jamie Oliver's bangers and mash, you will need the following ingredients:

- **Sausages:** Choose high-quality pork sausages, preferably with a good meat content. You can also opt for chicken or vegetarian sausages if you prefer.
- **Potatoes:** Use starchy potatoes, such as Maris Piper or Yukon Gold, for a creamy mash.
- **Butter:** A generous amount of unsalted butter adds richness to the mashed potatoes.
- **Milk or Cream:** This helps achieve a silky texture in the mash. You can use whole milk or double cream based on your preference.
- **Onions:** A mix of red and white onions is ideal for the gravy, adding sweetness and depth of flavor.
- **Beef or Vegetable Stock:** This forms the base of the onion gravy, enriching the overall flavor.
- **Flour:** Used to thicken the gravy.
- **Seasonings:** Salt, pepper, and herbs (such as thyme or rosemary) enhance the taste of the dish.

# Step-by-Step Guide to Bangers and Mash

Now that we have gathered our ingredients, let's dive into the preparation process. Here's a comprehensive step-by-step guide to making Jamie Oliver's bangers and mash.

## 1. Preparing the Mashed Potatoes

Begin by preparing the mashed potatoes, as they take the longest to cook.

1. Peel and chop the potatoes into evenly sized chunks (about 1-2 inches).
2. Place the chopped potatoes in a large pot and cover them with cold salted water.
3. Bring the water to a boil over high heat, then reduce to a simmer. Cook the potatoes for 15-20 minutes or until tender when pierced with a fork.
4. Drain the potatoes in a colander and return them to the pot for a minute to allow excess moisture to evaporate.
5. Add a generous amount of butter (about 50g) and a splash of milk or cream (around 100ml). Mash the potatoes until smooth and creamy. Season with salt and pepper to taste.

## 2. Cooking the Sausages

While the potatoes are cooking, it's time to prepare the sausages.

1. In a large frying pan, heat a drizzle of olive oil over medium heat.
2. Add the sausages to the pan, ensuring they are spaced apart. Cook for about 15 minutes, turning occasionally, until they are golden brown and cooked through.
3. Once cooked, remove the sausages from the pan and set them aside. Keep them warm while you prepare the gravy.

### 3. Making the Onion Gravy

The onion gravy is what truly elevates bangers and mash, and Jamie Oliver's recipe focuses on maximizing flavor.

1. In the same frying pan, add sliced onions (about 2 large onions) along with a little more olive oil if needed.
2. Sauté the onions over medium heat for about 10 minutes until they are soft and caramelized.
3. Sprinkle in a tablespoon of flour and stir to coat the onions. Cook for an additional minute to eliminate the raw flour taste.
4. Gradually pour in about 300ml of beef or vegetable stock while stirring constantly to prevent lumps from forming.
5. Bring the mixture to a gentle simmer and allow it to thicken. Season with salt, pepper, and herbs to taste.

### 4. Serving the Dish

Once everything is cooked, it's time to plate up your delicious bangers and mash.

1. Place a generous scoop of creamy mashed potatoes on each plate.
2. Top with the sausages, arranging them nicely on the mash.
3. Drizzle the rich onion gravy over the sausages and potatoes.
4. Garnish with freshly chopped parsley (optional) for added color and freshness.

### Tips for the Perfect Bangers and Mash

To ensure your bangers and mash turns out perfectly every time, consider the following tips:

- **Choose quality sausages:** The flavor of the sausages is crucial, so opt for those made with quality ingredients.
- **Don't skimp on butter:** A good amount of butter is key to achieving creamy, flavorful mashed potatoes.
- **Experiment with flavors:** Feel free to add garlic, cheese, or herbs to the mashed potatoes for an extra flavor boost.
- **Make it ahead:** You can prepare the mashed potatoes and onion gravy in advance and reheat them when ready to serve.

## Conclusion

Jamie Oliver's bangers and mash is a delightful representation of classic British comfort food. With its juicy sausages, creamy mashed potatoes, and flavorful onion gravy, this dish is sure to please both family and friends. By following the steps outlined above, you can create a satisfying meal that pays homage to tradition while incorporating Jamie's modern culinary flair. Whether you enjoy it on a chilly evening or at a gathering, bangers and mash will always be a crowd-pleaser that warms the heart and fills the belly. So gather your ingredients and get ready to savor this iconic dish!

## Frequently Asked Questions

### What are the key ingredients in Jamie Oliver's bangers and mash recipe?

The key ingredients include sausages, potatoes, milk, butter, and onion, along with seasoning like salt and pepper.

### How does Jamie Oliver suggest preparing the potatoes for mash?

Jamie Oliver recommends peeling and chopping the potatoes into even chunks, boiling them until tender, then mashing them with butter and milk for a creamy texture.

### What type of sausages does Jamie Oliver use in his bangers and mash recipe?

Jamie Oliver typically uses high-quality pork sausages, but you can also use chicken or vegetarian sausages

according to your preference.

## **Does Jamie Oliver add any special ingredients to his onion gravy?**

Yes, Jamie Oliver often enhances his onion gravy with ingredients like Worcestershire sauce, balsamic vinegar, and fresh herbs for added flavor.

## **What is the recommended cooking method for the sausages in Jamie Oliver's recipe?**

Jamie Oliver suggests frying the sausages in a hot pan until golden brown and cooked through, ensuring they are crispy on the outside.

## **Can you customize the bangers and mash recipe from Jamie Oliver?**

Absolutely! You can customize the recipe by using different types of sausages, adding additional flavors to the mash like garlic or cheese, and incorporating vegetables.

## **How long does it take to prepare Jamie Oliver's bangers and mash?**

The total preparation and cooking time is typically around 30 to 40 minutes, making it a relatively quick meal.

## **Is Jamie Oliver's bangers and mash recipe suitable for meal prep?**

Yes, the dish can be made in advance, and both the sausages and mashed potatoes can be stored in the fridge and reheated when needed.

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